

<p>Course Name:</p> <p>HLTH 493/3.0</p> <p>Advanced Topics in Health Studies I Fall 2021</p> <p>Topic ID: Sedentary Behaviour</p>	<p>Course Instructor:</p> <p>Dr. Ian Janssen</p>	<p>Contact Hours:</p> <p>Sessions: 2 x 1.5 hrs / 12 weeks</p>
		<p>Prerequisite:</p> <p>Level 4 in a HLTH (Major or Medial), PHED or KINE Plan.</p>
		<p>Exclusion:</p> <p>None</p>
<p>Course Description:</p> <p>Most people spend most of their waking hours sitting, an unhealthy behaviour that has only worsened during the COVID-19 pandemic. Excessive sitting, or sedentary behaviour, is a very different behaviour than a lack of exercise as the physiology, health implications, and effective interventions and policies and quite different. This course will provide an in-depth exploration of sedentary behaviour. Students will learn about important sedentary behaviour terms and concepts, sedentary habits from an evolutionary perspective, sedentary behaviour physiology, the determinants of sedentary behaviour, the health effects of excessive sedentariness, and effective strategies for reducing sedentary time in different settings.</p>		<p>Course Texts:</p> <p>TBD</p>
<p>Course Objectives:</p> <ul style="list-style-type: none"> • 	<p>Course Evaluation:</p> <p>TBD</p>	
<p>Description</p>		