

<p>Course Name: HLTH 200/3.0</p> <p>Physical Fitness and Wellness</p>	<p>Course Instructor:</p> <p>Nicholas Held</p>	<p>Contact Hours:</p> <p>Fall 2021 – Remote Delivery</p>
		<p>Prerequisite:</p> <p>Level 2</p>
		<p>Exclusion:</p> <p>Restricted to students in HLTH Plans (Level 2 or above). Not available to students in a KINE Plan. May not be taken with or after: KNPE 227/3.0 and KNPE 255/3.0</p>
<p>Course Description:</p> <p>HLTH 200, Physical Health and Wellness, introduces students to the principles of planning a personal fitness program. This course will consist of four modules that focus on</p> <ul style="list-style-type: none"> • the important of physical activity in relation to health and wellness, • the adaptations and benefits to exercising, • how to exercise effectively, and • how to design to implement a training program. <p>Module one will overview key terms and concepts in physical health and wellness. This will include an introduction to how our bodies respond to exercise and how exercise relates to the risk of disease and mortality. Module two will discuss what happens internally during exercise with an interconnected focus on the musculoskeletal, endocrine, cardiovascular, and respiratory system. Module three will detail important principles of training and strategies to ensure a training program is implemented efficiently and effectively. The principles of training and program planning establishes the framework necessary to plan quality programs. This module will include strategies such as goal-setting to set effective goals to enhance adherence to an exercise program; when and how to give feedback and cues; and provide the student with the tools to assess a potential client and provide them with feedback regarding their current fitness, health status, and overall effectiveness of their program. In module four, previous concepts will be synthesized to prescribe exercises balance and proprioception, flexibility, strength training, and cardiorespiratory training. Videos displaying improper and proper exercise techniques will be included to provide a form of experiential learning for the student to be comfortable with</p>		<p>Course Texts:</p> <p>The following material is available from the Queen's Bookstore:</p> <p>CSEP Physical Activity Training for Health (CSEP-PATH) Resource Manual, 2nd Edition.</p> <p>All other course materials will be available through OnQ and Course eReserves.</p>

exercise progression, regression, and modification strategies. Guidelines on how to plan an effective and inclusive aerobic and strength training program will be discussed. Students will gain insight into the factors that will contribute to improving accessibility in their exercise programs.

The course will give students the ability to identify quality training programs by applying the principles of training and specific program development concepts. This course is designed so that students receive feedback from their TAs/Instructor on formative elements of a training program catered to a mock case study. When completed, students should be able to utilize the course information to begin to design and tailor a personalized fitness and wellness program to their specific interests and needs.

Course content will be delivered primarily through course notes, activities, and videos. Additional readings and viewings, accessible via the timeline and the module overviews will periodically be provided to reinforce course material.

Intended Student Learning Outcomes:

1. Explain how exercise and physical activity impacts health.
2. Explain how the human body responds and adapts to exercise based on the principles of exercise physiology.
3. Apply the principles of exercise, including frequency, intensity, type, time, and technique to create a satisfying and safe exercise experience for participants.
4. Create and assess an exercise program that synthesizes course concepts to account for the psychological and physiological contexts of a participant.
5. Effectively adapt exercises and cueing to help clients meet their goals.

Course Evaluation:

Module Quizzes (4)	20%
A1 Personal Exercise Plan and Reflection	20%
A2 Client Exercise Plan	25%
Take Home Exam	35%

Course Outline

Dimensions of Wellness	Flexibility
Barrier Busting, Goal Setting, and Stages of Change	Principles of Training
Nutrition / Weight Management	Strength Training
Fitness Assessment	Cardiovascular Training
Workout Structure	