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| <p>Course Name: KNPE 455/3.0</p> <p>Advanced Physical Activity and Health</p> | <p>Course Instructor:</p> <p>Dr. Bob Ross</p> | <p>Contact Hours:</p> <p>Lectures: 2 x 1.5 hrs/wk / 12 weeks</p> | | | | | | | | | | | | | | |
| | | <p>Prerequisite:</p> <p>KNPE 125/3.0, KNPE 225/3.0, KNPE 227/3.0 and KNPE 255/3.0 Level 3 or above in a KINE plan.</p> | | | | | | | | | | | | | | |
| | | <p>Exclusion:</p> | | | | | | | | | | | | | | |
| <p>Course Description:</p> <p>This course is designed to further prepare the student to participate in a variety of multidisciplinary clinical and/or professional environments. The foundation of the course will be to prepare students with advanced understanding of concepts related to the use of physical activity/lifestyle as a strategy for reducing morbidity and mortality risk. The discovery and translation of knowledge and skills pertaining to physical activity and exercise as strategies for prevention and treatment of health risk factors in general and selected special populations is a focus of the course. The ultimate objective is to help prepare students for experiences in various healthcare settings.</p> | | <p>Course Texts:</p> <p>Physical Activity and Health. Second Edition. Eds. Bouchard C, Blair SN, Haskell WL. Human Kinetics, Champaign, Illinois 2012. RECOMMENDED.</p> | | | | | | | | | | | | | | |
| <p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Discriminate between different strategies used to discover/search, interpret and present scientific evidence designed to answer a question specific to the application of exercise science/kinesiology in health care/clinical settings. • Compare and contrast the various applications of physical activity as a treatment strategy for the prevention and treatment of lifestyle-based, chronic disease and associated risk factors. • Describe processes involved in moving knowledge derived from high quality evidence into practice. | | <p>Course Evaluation:</p> <table> <tr> <td>Knowledge Synthesis / Translation Projects</td> <td>60%</td> </tr> <tr> <td>Research Paper Outline</td> <td>5%</td> </tr> <tr> <td>Research Paper</td> <td>20%</td> </tr> <tr> <td>Presentation</td> <td>20%</td> </tr> <tr> <td>Infographic</td> <td>15%</td> </tr> <tr> <td>Professionalism (Peer-Review)</td> <td>10%</td> </tr> <tr> <td>Final Exam</td> <td>30%</td> </tr> </table> | Knowledge Synthesis / Translation Projects | 60% | Research Paper Outline | 5% | Research Paper | 20% | Presentation | 20% | Infographic | 15% | Professionalism (Peer-Review) | 10% | Final Exam | 30% |
| Knowledge Synthesis / Translation Projects | 60% | | | | | | | | | | | | | | | |
| Research Paper Outline | 5% | | | | | | | | | | | | | | | |
| Research Paper | 20% | | | | | | | | | | | | | | | |
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| Final Exam | 30% | | | | | | | | | | | | | | | |
| <p>Course Outline</p> | | | | | | | | | | | | | | | | |
| <p>Introduction – Evaluating Evidence</p> | | <p>Physical Activity, Cardiorespiratory Fitness and Type 2 Diabetes</p> | | | | | | | | | | | | | | |

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| Physical Activity, Cardiorespiratory Fitness, Risk Factors and Events | Physical Activity and Cancer |
| Physical Activity, Cardiorespiratory, Fitness and CVD Mortality | Physical Activity, Obesity and Related Health Risk |
| Physical Activity Guidelines and Health | Physical Activity and Blood Pressure/Hypertension |