

<p><b>Course Name:</b> HLTH 200/3.0</p> <p>Physical Health and Exercise Programming</p>	<p><b>Course Instructor:</b> Dr. Nicole Beamish</p>	<p><b>Contact Hours:</b> Lectures: 2 x 1.5 hrs/wk / 12 weeks</p>										
		<p><b>Prerequisite:</b> Level 2</p>										
		<p><b>Exclusion:</b> Restricted to students in HLTH Plans (Level 2 or above). (KIN students may take this course in Fall term of second year prior to taking KNPE 227/3.0 and KNPE 255/3.0</p>										
<p><b>Course Description:</b></p> <p>This course introduces students to the principles of planning and implementing a personal fitness program. Students will gain an understanding of the importance of physical activity in relation to health and wellness and the adaptations and benefits to exercising. The students will learn how to design and implement an effective training program.</p>		<p><b>Course Texts:</b></p> <p>There is no required textbook or courseware package for this course. The following textbooks are recommended, but students are <b>not required</b> to purchase these textbooks:</p> <ul style="list-style-type: none"> <li>• CSEP-PATH: Physical Activity Training for Health, Resource Manual 2021. Canadian Society for Exercise Physiology.</li> <li>• ACSM's Guidelines for Exercise Prescription, Eleventh Edition. Wolters Kluwer. 2021.</li> </ul>										
<p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Describe how physical activity and exercise can impact health.</li> <li>• Identify the components of physical health and describe the physiological responses to exercise.</li> <li>• Explain how movement behaviours and components of physical health can be assessed to inform exercise planning.</li> <li>• Apply the basic principles of training to design safe and effective personal exercise programs.</li> <li>• Create strategies to implement and adapt exercise plans to meet individual movement behaviour goals</li> </ul>		<p><b>Course Evaluation:</b></p> <table> <tr> <td>Movement Lab activities/worksheets</td> <td>20%</td> </tr> <tr> <td>Assignment #1: Assessing cardiorespiratory fitness</td> <td>10%</td> </tr> <tr> <td>Assignment #2: Assessing muscular fitness</td> <td>10%</td> </tr> <tr> <td>Assignment #3: Week 1 Exercise Program Design and Reflection</td> <td>15%</td> </tr> <tr> <td>Final Assignment: 6-week personal exercise plan</td> <td>45%</td> </tr> </table>	Movement Lab activities/worksheets	20%	Assignment #1: Assessing cardiorespiratory fitness	10%	Assignment #2: Assessing muscular fitness	10%	Assignment #3: Week 1 Exercise Program Design and Reflection	15%	Final Assignment: 6-week personal exercise plan	45%
Movement Lab activities/worksheets	20%											
Assignment #1: Assessing cardiorespiratory fitness	10%											
Assignment #2: Assessing muscular fitness	10%											
Assignment #3: Week 1 Exercise Program Design and Reflection	15%											
Final Assignment: 6-week personal exercise plan	45%											
<p><b>Course Outline</b></p>												
<p>Introduction to Physical Health and Exercise Programming</p>	<p>Balance and Flexibility</p>											

24-Hour Movement Guidelines and Reflective writing	Mobility and Muscular Fitness
What is Physical Health?	Muscular Strength and Endurance
Pre-exercise Evaluation and SMART goals	Program Design
Cardiorespiratory Fitness: Anatomy and Physiology	Strategies for Promoting Exercise Adherence