

Kinese Sheet

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UFV, Kinesiology and Physical Education Department Newsletter
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CAMPING

The May 1st date is postponed until further notice.
Finalized location and date will be posted via the *KPESA*
Facebook group when determined.

KPE Clothing

There is still some KPE clothing available for purchase. If you are interested in what is left over, contact Chelsea Lilbeck or Sean Conner through either of their UFV email addresses (name.surname@student.ufv.ca).

Thank-You KPESA

Thanks to all those who have been a part of KPESA this year and all their contributions. They include, but are not limited to: Garth Van Gaalen, Chelsea Lilbeck, Hooper, Astrid Hartling, Ben Berkiw, Chris DeGuzman, Joanna Sheppard, Alison Pritchard Orr, Casey's on Campus, and SUS.

SWINE FLU

There has been a lot of coverage over the growing concern with the Swine Flu. The viral influenza has reached a number of populations across a large geographic region. Originating in Mexico, where more than 100 have now died, the flu has spread to various centers around the world. One of those regions includes the Lower mainland here in BC. *People are being encouraged by numerous authorities **not to travel to Mexico.***

Certainly the spread has become such that it has warranted the World Health Organization (WHO) to raise the pandemic alert level to 4 after determining that the flu is easily transmissible between people. This human-to-human virulent transmission is something the Avian Flu had lacked. And is one reason why the new Swine Flu strain is getting health authorities worried. The Swine Flu strain (H1N1) is a pig type A influenza virus. Usually only pigs get this flu, with the rare occurrence of workers in the swine industry catching it. Even less likely was the inter-human transmission. But as stated before, this new strain appears to have mutated the capacity to transmit as such.

Influenza is an RNA based virus that attaches itself to the cell of an organism and essentially hijacks the cell's replication machinery to make more copies of the virus. Due to less genetic proofreading capacities, it is seen that an RNA virus can mutate quickly. Quick mutations are how viruses can evade the immune system of its host. Eventually mutations allow the virus to cross species and infect that population.

The mutations and thus characteristics that are unique to the Swine Flu appear to be due to two reasons. Firstly, pigs have an inherent capacity to incubate avian, human, and swine viruses. This allows the chance for a virus to gain the capacity to include components of all three strains. It is believed that the current Swine Flu includes a bird flu (usually deadly but not easily transmitted to humans), a swine component (not usually deadly but easily transmitted to humans), and a human component (easily transmissible between humans). Secondly, pig farms have large, dense populations for a virus to work with. Fast and deadly is the form of virus favored under these conditions.

What is more concerning is who this virus is capable of targeting. Young, healthy adults are getting the Swine Flu. Influenza is generally reserved and fatal in the elderly and young children. There are two anti-viral drugs that currently appear to work, one is called Tamiflu.

If you've been in contact with someone who may have Swine Flu and experience flu like symptoms (fever, cough, sore throat, muscle/joint soreness, shortness of breath) you are encouraged ***not to go to the hospital.*** Instead call 8-1-1 anytime. In order to help prevent any spread of any flu, *wash your hands regularly with soap (especially after cough/sneeze), cover mouth while sneeze/coughing with tissue and dispose after use, do not touch your eyes/mouth/nose unless your hands are recently washed with soap, avoid contact with those who are ill, and if you are sick, stay home and rest.*

*Information primarily obtained from CBCnews.ca or one of the following links

Links:

<http://www.healthlinkbc.ca/healthfiles/hfile108.stm>

http://www.ufv.ca/MarCom/UFV_Events/Swine_Flu_2009.htm

Canadian Swine Flu Hotline: 1-800-454-8302, or 811

Canadian Government Websites: fightflu.ca, voyage.gc.ca and phac.gc.ca.

What's Happening in Summer

- *Effective of May 1, Dr. Michael Gaetz has been appointed Head of the KPE Department.*
- Registrations for summer classes continue until May 3 for Full and Early Session classes; unless instructor's permission is obtained.
- Late Session classes can be registered for until July 1.
- KPE courses offered over the summer:
 - KPE 103: Active Health
 - KPE 161: Intro to Kinesiology
 - KPE 163: Bio-dynamics of Physical Activity
 - KPE 170: Basic Human Anatomy
 - KPE 220E: Teaching Dance and Gymnastics
 - KPE 270: Human Physiology I
 - KPE 370: Human Physiology II
 - KPE 450C: Undergraduate Thesis
 - KPE 450D: Undergraduate Thesis
- Summer classes begin May 4.
- Fees due May 19.
- Last day to withdraw without a "W" on transcript:
 - May 25 (Early Session)
 - June 9 (Full session)
 - July 20 (Late session)