



ORIGINAL COURSE IMPLEMENTATION DATE: January 1994
 REVISED COURSE IMPLEMENTATION DATE: September 2018
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024
 Course outline form version: 09/15/14

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: KIN 160		Number of Credits: 3 Course credit policy (105)																	
Course Full Title: Contemporary Health Issues																			
Course Short Title (if title exceeds 30 characters):																			
Faculty: Faculty of Health Sciences		Department (or program if no department): Kinesiology																	
Calendar Description: <p>Introduces students to issues such as physical fitness, stress management, nutrition, weight management, illness and disease, substance abuse, and personal safety. Students will be prepared to make informed decisions that affect their own personal well-being and that of others.</p> <p>Note: Students with credit for KPE 160 cannot take this course for further credit.</p>																			
Prerequisites (or NONE):		None.																	
Corequisites (if applicable, or NONE):		None																	
Pre/corequisites (if applicable, or NONE):		None																	
Equivalent Courses (cannot be taken for additional credit) Former course code/number: KPE 160 Cross-listed with: Equivalent course(s): KPE 160 <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>		Transfer Credit Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Transfer credit requested (OReg to submit to BCCAT): <input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form) Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No To find out how this course transfers, see bctransferguide.ca .																	
Total Hours: 45 Typical structure of instructional hours: <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr><td>Lecture hours</td><td style="text-align: center;">45</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td></td></tr> <tr><td>Field experience hours</td><td></td></tr> <tr><td>Experiential (practicum, internship, etc.)</td><td></td></tr> <tr><td>Online learning activities</td><td></td></tr> <tr><td>Other contact hours:</td><td></td></tr> <tr><td style="text-align: right;">Total</td><td style="text-align: center;">45</td></tr> </table>		Lecture hours	45	Seminars/tutorials/workshops		Laboratory hours		Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		Total	45	Special Topics Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, different lettered courses may be taken for credit: <input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit <i>Note: The specific topic will be recorded when offered.</i>	
Lecture hours	45																		
Seminars/tutorials/workshops																			
Laboratory hours																			
Field experience hours																			
Experiential (practicum, internship, etc.)																			
Online learning activities																			
Other contact hours:																			
Total	45																		
		Maximum enrolment (for information only): 36																	
		Expected frequency of course offerings (every semester, annually, every other year, etc.): four times annually																	
Department / Program Head or Director: Alastair Hodges		Date approved: May 2017																	
Faculty Council approval		Date approved: May 2017																	
Campus-Wide Consultation (CWC)		Date of posting: October 20, 2017																	
Dean/Associate VP: Joanne MacLean		Date approved: May 2017																	
Undergraduate Education Committee (UEC) approval		Date of meeting: March 23, 2018																	

Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Explain knowledge and awareness of current and contemporary health issues.
2. Critically examine concepts that affect the health of society and its individual members.
3. Describe the importance of one's personal responsibility for their own health and preventative methods for addressing health issues.

Prior Learning Assessment and Recognition (PLAR)

Yes No, PLAR cannot be awarded for this course because

Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)

Lecture, discussions and class presentations, online instruction, critical analysis

Grading system: Letter Grades: Credit/No Credit: Labs to be scheduled independent of lecture hours: Yes No

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)

Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.				
2. Donatelle and Kolen-Thompson	Health: The Basics	<input checked="" type="checkbox"/>	Pearson	2015
3.		<input type="checkbox"/>		
4.		<input type="checkbox"/>		
5.		<input type="checkbox"/>		

Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**Typical Evaluation Methods and Weighting**

Final exam:	35%	Assignments (essay):	20%	Midterm exam:	35%	Practicum:	%
Quizzes/tests:	%	Lab work:	%	Field experience:	%	Shop work:	%
Presentation:	10%	Other:	%	Other:	%	Total:	100%

Details (if necessary):

Typical Course Content and Topics

1. Concepts of health; personal health assessment
2. Illness and disease I: infectious and sexually transmitted disease
3. Illness and disease II: cardiovascular disease
4. Illness and disease III: cancer and other chronic disease
5. Critical reasoning and health; health consumerism
6. Nutrition: macromolecules, food groups, and metabolism
7. Energy balance and weight management
8. Physical fitness
9. Mental health
10. Stress management
11. Drug use and abuse I: alcohol and OTC drugs
12. Drug use and abuse II: recreational drugs and addiction