



ORIGINAL COURSE IMPLEMENTATION DATE:
 REVISED COURSE IMPLEMENTATION DATE:
 COURSE TO BE REVIEWED: (six years after UEC approval)
 Course outline form version: 10/27/16

September 2018

March 2024

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

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

Course Code and Number: KIN 222	Number of Credits: 4 Course credit policy (105)																
Course Full Title: Teaching Fitness and Lifestyle Recreation Course Short Title (if title exceeds 30 characters):																	
Faculty: Faculty of Health Sciences	Department (or program if no department): KIN																
Calendar Description: <p>A foundational course in individual physical and leisure activities for young adults. Participation in traditional and novel exercise and fitness activities is taught through a pedagogical approach to help students learn how to lead others and be a role model in the fields of physical education, recreation and sport. Active participation is required.</p> <p>Note: Students with credit for KIN 220C (formerly KPE 220C) cannot take this course for further credit.</p>																	
Prerequisites (or NONE):	KIN 121 (formerly KPE 121).																
Corequisites (if applicable, or NONE):																	
Pre/corequisites (if applicable, or NONE):																	
Equivalent Courses (cannot be taken for additional credit) Former course code/number: Cross-listed with: Equivalent course(s): KPE 220C, KIN 220C <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 type="checkbox"/> Yes <input checked="" type="checkbox"/> No Transfer credit requested (OREg to submit to BCCAT): <input type="checkbox"/> Yes <input checked="" 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: 75 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;">40</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: center;">35</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;">75</td></tr> </table>	Lecture hours	40	Seminars/tutorials/workshops		Laboratory hours	35	Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		Total	75	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> Maximum enrolment (for information only): 36 Expected frequency of course offerings (every semester, annually, every other year, etc.): Twice Annually
Lecture hours	40																
Seminars/tutorials/workshops																	
Laboratory hours	35																
Field experience hours																	
Experiential (practicum, internship, etc.)																	
Online learning activities																	
Other contact hours:																	
Total	75																
Department / Program Head or Director: Dr. Alastair Hodges	Date approved: October 2017																
Faculty Council approval	Date approved: October 2017																
Campus-Wide Consultation (CWC)	Date of posting: November 24, 2017																
Dean/Associate VP: Dr. Joanne MacLean	Date approved: October 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:

- Interpret critical theories of leisure, fitness, and lifestyle recreation
- Earn certification in level 1 First Aid
- Demonstrate skills in a variety of lifestyle exercise and fitness activities
- Engage in community collaboration
- Develop and deliver activity plans

Prior Learning Assessment and Recognition (PLAR)

Yes No

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

Lectures, Active Labs, field trips, student presentations and discussions

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.	Selected Reading in Coursepack	<input type="checkbox"/>		
2.		<input type="checkbox"/>		
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:	25%	Assignments:	35 %	Midterm exam:	%	Practicum:	%
Quizzes/tests:	%	Lab work:	30%	Field experience:	%	Shop work:	%
Participation:	10%	Other:	%	Other:	%	Total:	100%

Details (if necessary):

Typical Course Content and Topics

- Teenage/young adult learners
- Critical theories of leisure, fitness, and lifestyle recreation
- First Aid Level 1

Fitness and lifestyle activities (practical skills, lesson planning and delivery, community collaboration):

- Aquatics
- Walking/jogging
- Yoga
- Zumba/group fitness
- Hiking/snowshoeing
- Skating
- Curling
- Bowling, billiards, and darts