



ORIGINAL COURSE IMPLEMENTATION DATE: January 2002  
 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.

<b>Course Code and Number:</b> KIN 360		<b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>																	
<b>Course Full Title:</b> Health Programming Across the Lifespan																			
<b>Course Short Title (if title exceeds 30 characters):</b> Health Programming																			
<b>Faculty:</b> Faculty of Health Sciences		<b>Department (or program if no department):</b> Kinesiology																	
<b>Calendar Description:</b> <p>Provides an understanding of effective theory and application toward planning, implementation, and delivery of health promotion and programming concepts for healthy populations across the lifespan.</p> <p>Note: Students with credit for KPE 360 cannot take this course for further credit.</p>																			
<b>Prerequisites (or NONE):</b>		Admission to the Bachelor of Kinesiology degree and 60 university-level credits.																	
<b>Corequisites (if applicable, or NONE):</b>		NONE																	
<b>Pre/corequisites (if applicable, or NONE):</b>		NONE																	
<b>Equivalent Courses (cannot be taken for additional credit)</b> Former course code/number: <b>KPE 360</b> Cross-listed with: Equivalent course(s): <b>KPE 360</b> <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>		<b>Transfer Credit</b> Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Transfer credit requested (OREg to submit to BCCAT): <input checked="" 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 <a href="http://bctransferguide.ca">bctransferguide.ca</a> .																	
<b>Total Hours: 45</b> <b>Typical structure of instructional hours:</b> <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;"><b>Total</b></td><td style="text-align: center;"><b>45</b></td></tr> </table>		Lecture hours	45	Seminars/tutorials/workshops		Laboratory hours		Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		<b>Total</b>	<b>45</b>	<b>Special Topics</b> 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>	
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<b>Total</b>	<b>45</b>																		
		<b>Maximum enrolment (for information only):</b> 36																	
		<b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> twice annually																	
<b>Department / Program Head or Director:</b> Alastair Hodges		<b>Date approved:</b> October 2017																	
<b>Faculty Council approval</b>		<b>Date approved:</b> October 2017																	
<b>Campus-Wide Consultation (CWC)</b>		<b>Date of posting:</b> November 24, 2017																	
<b>Dean/Associate VP:</b> Joanne MacLean		<b>Date approved:</b> October 2017																	
<b>Undergraduate Education Committee (UEC) approval</b>		<b>Date of meeting:</b> March 23, 2018																	

**Learning Outcomes**

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

1. Discuss the educational values and benefits of health education and promotion.
2. Critique major approaches to health promotion (e.g. policy, behavior change, community engagement, advocacy, and social marketing).
3. Describe a health program's role across the lifespan.
4. Apply theoretical and practical research findings on successful intervention programs to develop and change health behaviors.
5. Develop the knowledge, skills, and attributes (KSA's) to effectively educate, implement, and deliver health promotion interventions across the lifespan.

**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)**

Lectures, discussions, group assignments, and presentations

**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 Readings from Course Pack	<input checked="" 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:	35%	Assignments:	35%	Midterm exam:	15%	Practicum:	%
Quizzes/tests:	%	Lab work:	%	Field experience:	%	Shop work:	%
Presentation:	20%	Group project:	%	Class participation:	%	Total:	100%

**Details (if necessary):**

**Typical Course Content and Topics**

1. Introduction to course/overview
2. Introduction to health promotion programming
3. Role of the health programmer/educator
4. Populations across the lifespan
5. Interventions and implementation of health programming including:
  - physical activity
  - media literacy
  - nutrition
  - sexual health education/promotion
  - life skills/communication
  - substance use, prevention, education/promotion
  - stress management education/promotion
  - mental health education/promotion
  - communicable and chronic disease prevention
6. Assessment In health programming