

COURSE IMPLEMENTATION DATE: January 1994  
 COURSE REVISED IMPLEMENTATION DATE: September 2006  
 COURSE TO BE REVIEWED: November 2009  
 (Four years after UPAC final approval date) (MONTH YEAR)

### OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and the material will vary  
 - see course syllabus available from instructor

FACULTY/DEPARTMENT: <b>KPE 160</b>	<b>KINESIOLOGY AND PHYSICAL EDUCATION</b>	
COURSE NAME/NUMBER	FORMER COURSE NUMBER <b>Contemporary Health Issues</b>	UCFV CREDITS <b>3</b>
COURSE DESCRIPTIVE TITLE		

#### CALENDAR DESCRIPTION:

This course will introduce students to issues such as physical fitness, stress management, nutrition, weight management, illness and disease, substance abuse, and personal safety. Upon successful completion students will be prepared to make informed decisions that affect personal well-being.

PREREQUISITES: **None**  
 COREQUISITES: **None**

SYNONYMOUS COURSE(S) (a) Replaces: <b>N/A</b> (Course #)	SERVICE COURSE TO: (Department/Program)
(b) Cannot take: <b>N/A</b> (Course #)	for further credit. (Department/Program)

TOTAL HOURS PER TERM: <b>60</b>	TRAINING DAY-BASED INSTRUCTION
STRUCTURE OF HOURS:	
Lectures: <b>60</b>	Hrs
Seminar:	Hrs
Laboratory:	Hrs
Field Experience:	Hrs
Student Directed Learning:	Hrs
Other (Specify):	Hrs
LENGTH OF COURSE: HOURS PER DAY:	

MAXIMUM ENROLLMENT:	<b>36</b>
EXPECTED FREQUENCY OF COURSE OFFERINGS:	<b>Four times annually</b>
WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

AUTHORIZATION SIGNATURES:		
Course Designer(s):	D. Harper	Chairperson: (Curriculum Committee)
Department Head:	G. Anderson	Dean: J. Snodgrass
UPAC Approval in Principle Date:	UPAC Final Approval Date: November 25, 2005	

**LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:**

1. To develop the student's knowledge and awareness of contemporary health issues.
2. To allow students to critically examine concepts that affect the health of society and its individual members.
3. To develop the student's understanding of the Canadian health care system, while understanding the benefits and drawbacks of both welfare state and free enterprise health care delivery systems.
4. To stress the importance of one's personal responsibility for their own health and preventative methods for addressing health issues.
5. To make students aware of current health issues, such as sexually transmitted diseases, AIDS, drug use and abuse, and the environment.

**METHODS:**

Lecture  
Audiovisual presentation  
Class discussion

**PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):**

Credit can be awarded for this course through PLAR (Please check):       Yes       No

**METHODS OF OBTAINING PLAR:**

Transfer credit, challenge exams, or portfolio assessment.

**TEXTBOOKS, REFERENCES, MATERIALS:**

[Textbook selection varies by instructor. An example of texts for this course might be:]

Nevid, Rathus, Rubenstein. Health in the New Millennium

**SUPPLIES / MATERIALS:**

**STUDENT EVALUATION:**

[An example of student evaluation for this course might be:]

Term Assignment (essay)	20%
Presentation	10%
Midterm	35%
Final	35%

**COURSE CONTENT:**

[Course content varies by instructor. An example of course content might be:]

1. Provide definitions for health and holistic health.

2. Discuss the changing patterns of disease.
  - epidemiology
  - black death, smallpox

3. Discuss population growth and world health.
  - morbidity and mortality
  - life expectancy

- demographics

4. Describe health care delivery systems.

- welfare state vs. free enterprise
- Canadian health care system
- current concerns in health care delivery

5. Discuss global nutrition concerns.

- population growth vs. resources
- desertification

6. Discuss proper individual nutritional needs, obesity and eating disorders.

- dietary goals
- energy balance
- obesity and health risk

7. Discuss the relationship between exercise and health.

- hypokinetic disease
- physical activity and health: the connection
- injury prevention

8. Discuss stress-related issues.

- eustress vs. distress
- stress management

9. Describe the disease process, and factors associated with disease.

- hereditary, environment and lifestyle
- immune response
- cancer

10. Describe common sexually transmitted diseases.

- common STD's
- AIDS

11. Discuss drug and addictive behaviour.

- legal drugs
- illicit drugs
- prescription drugs
- addiction