

THE UNIVERSITY OF BRITISH COLUMBIA  
SCHOOL OF HUMAN KINETICS, TERM 2 January-April  
Active Health – HKIN 103 (2010)

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<b>Instructor</b>	Dr. Maria Gallo
<b>Email</b>	<a href="mailto:maria.gallo@ubc.ca">maria.gallo@ubc.ca</a> Tel: 604-822-5084
<b>Lecture</b>	Monday, Wednesday and Friday 8:00-9:00 am at Woodward Instructional Res Centre, Room 3.
<b>Labs</b>	One introductory lab and five laboratory sessions (2hrs); Osborne Centre G1– Health and Fitness Lab 3 sections (Mon: 12-2pm, Thurs: 10-12pm, 12-2pm)
<b>Office Hrs</b>	Osborne Centre Unit II, Room 206 - Tues, Thurs 2-3pm - By appointment/pre and post class times
<b>TA</b>	Jodie Lightfoot (Jodie@lightfooted.ca)

If you have any questions, comments, or concerns about the course, please don't hesitate to contact your instructor and / or teaching assistant.

#### Course Description

Role of physical activity in the maintenance of a healthy life. Application of basic physical fitness and exercise methods, exercise techniques and fitness appraisal.

#### Required Text

1. *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness* (Canadian Edition)  
Authors: Thomas D. Fahey et al., McGraw-Hill (2007).

2. HKIN 103 laboratory notes/manual. This will be available on the web.

#### Evaluation

Labs	30% (5 labs; 6% each)
Midterm examination	25%
Final examination	<u>45%</u>
	100

#### Important Dates:

Classes begin	January 4
Withdraw without a W and with a W standing, respectively	January 18 and February 12
Midterm examination	February 12 - in class
Break (UBC closed)	February 15-26 – no classes
Last day of classes	April 15
Final examination period	April 19 to May 1 inclusive. Saturdays are included in the exam schedule. <b>Do not schedule holiday travel during this period.</b>

NO classes – April 2 and 5<sup>th</sup>, 2010 (Easter Weekend – UBC closed)

Course Content:

Unit 1: Introduction to Wellness and Fitness	Chapter 1
Unit 2: Stress and Stress Management	Chapter 10
Unit 3: Preventing Chronic Diseases and Cancer	Chapters 11,12
Unit 4: Nutrition and Body Composition	Chapters 6,7,9
Unit 5: Basic Principles of Physical Fitness	Chapter 2
Unit 6: Musculoskeletal Fitness (Flexibility, strength, endurance)	Chapters 4,5
Unit 7: Cardiorespiratory Fitness	Chapter 3
Unit 8: Fitness Program	Chapter 8
Unit 9: Sexual Health and Drug Abuse	Chapter 13,14

**LABORATORY CONTENT**

Each lab will require a formal written report. Students are required to attend (please see Lab Manual for further details). Legitimate excuses for missing labs included illness (physician note required), compassionate circumstances, etc. Extended vacations, extra work, etc. do not qualify. **There will be no “make-up” labs.** Appropriate dress (gym wear) is required during labs.

LAB NUMBER	TOPIC
	Introduction
1	Assessment of Resting Heart Rate and Blood Pressure
2	Assessment of Body Composition
3	Assessment of Musculoskeletal Fitness (Endurance & Flexibility)
4	Assessment of Musculoskeletal Fitness (Strength and Power)
5	Assessment of Cardiovascular Fitness (Aerobic and Anaerobic)

Important Information:

- Because this course emphasizes a number of concepts, terms and practical demonstrations, regular attendance is required. The student is responsible for all material covered in class and any information given whether in attendance or not.
- You are responsible for all announcements concerning changes in the course outline, readings, assignments, exams, and other matters made during class periods whether or not you are in attendance when announcements are made.
- Students who neglect their academic work and assignments may be excluded from the final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes
- Students absent from final examinations held in the official examination period must request academic concession from the office of the Director.
- Instructors are not required to make allowance for any missed test that is not satisfactorily accounted for.
- Lectures will be developed with the text as the primary source. Additional material will be commonly included, therefore attendance at lectures is recommended.
- We will attempt to cover the material indicated above. It is possible that we may not complete the material or additional material may be added.
- Academic Dishonesty: Please review the UBC Calendar “Academic regulations” for the university policy on cheating, plagiarism and other forms of academic dishonesty. Also visit [www.arts.ubc.ca](http://www.arts.ubc.ca) go to the students’ section for useful information on avoiding plagiarism and on correct documentation.
- Students should retain a copy of all submitted assignments (in case of loss) and should also retain all their marked assignments in case they wish to apply for a Review of Assigned Standing.
- Students have the right to view their marked examinations with their instructors, providing they apply to do so within a month of receiving their final grades. This review is for pedagogic purposes. The examination remains the property of the university.

**Note:**

“Academic Concession for Volunteering during the 2010 Olympics”

- The 2010 Winter Olympic Games will be held in Vancouver and Whistler from February 12–28, 2010, and the Paralympic Games from March 12–21, 2010. Thus, the UBC Vancouver Senate has approved a one-time extension of the 2010 Reading Break. The extended Reading Break at UBC Vancouver will be from February 15–February 26, 2010.
- There are many opportunities to become involved in the games: as a spectator, a participant in the celebrations, or as a volunteer. For information on how you can get involved, visit the [UBC Career Services Vancouver 2010 webpage](#). Volunteerism is a rewarding and meaningful experience, however, volunteer commitments may potentially extend outside of Reading Break and conflict with class time.
- In the School of Human Kinetics, Academic Concessions will not be granted for volunteer opportunities that conflict with course schedules. In planning courses for the 2010, students in the School of Human Kinetics are encouraged to be mindful of volunteer commitments during class time.
- Questions or comments can be directed to [Undergraduate Advising Centre](#).
- For more information on UBC and the Olympics, visit the UBC 2010 website. For transportation, visit <http://www.webcommunications.ubc.ca/ubc2010/commuting/>