

HH/KINE 4640 3.0A BASIC COURSE OUTLINE

Dr. Stephanie Bowerman Lifestyle and Current Health Issues

Course: HH/KINE 4640 3.0A Lifestyle and Current Health Issues **Course Webpage:** Moodle

Term: Winter Term 2013

Prerequisite / Co-requisite:

Course Instructor

Stephanie Bowerman, Ph.D.
Email: sbowerma@yorku.ca

Course consultation hours:
Monday or Wednesday or by appointment

Time and Location

Lectures Monday and Wednesday 2:30 – 4:00 BC 215

Expanded Course Description

Organization of the Course – This course involves weekly class meetings utilizing a variety of teaching methods including lectures, small group work and interactive sessions. The first part of the course will be delivered by the professor while most of the second part of the course will be student-initiated learning. Lecture material and readings will be supplemented with handouts, research articles, and/or films.

Course Learning Objectives

(1) Brief statement of the purpose:

The purpose of this course is to assist students in gaining a foundation of knowledge and understanding on current lifestyle and health issues. The course will provide an introduction to personal health and wellness and be based on the constructs of the determinants of health and dimensions of wellness. Information is widely available on many different health topics, but knowing how to critique and evaluate the source of information is important. This course will not only be about learning various current lifestyle and health topics, but also to gain knowledge in the process involved in researching (e.g., peer-reviewed papers). Learning the process of how to collect, critique and evaluate which resources are credible and a valuable source of information will be the focus on the second part of the semester. Students will be working in groups examining various evidence-based research that have been published on a topic of interest to them.

(2) Brief list of specific learning objectives of the course:

- *Be able to describe the determinants of health and how they affect the individual and community*
- *Demonstrate an understanding and knowledge of factors necessary to the maintenance of health and wellness*
- *Be able to describe various factors that impacts one's health and/or illness*
- *Critically evaluate and discuss current issues relating to Kinesiology and Health Science.*
- *Apply multi-disciplinary knowledge of past courses when researching current health topics related to physical activity and health.*
- *Demonstrate good oral communication skills while presenting material*
- *Demonstrate the ability to work with peers*

Course Text / Readings

Lecture material will be available in class and/or on Moodle. Additional readings may be assigned or recommended during the course. Students should go to Moodle to obtain class slides and readings prior to class.

Evaluation *

*The final grade for the course** will be based on the following items weighted as indicated:*

Group Article Critique:	15%
Midterm:	25%
Behaviour Challenge Paper	10%
Group Presentation:	15%
Presentation Test:	15%
Group Paper:	20%

“Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.”

Article Critique: Due Monday February 11th

With your assigned group, review one relevant peer-reviewed research article related to a current health issue topic (approved with Professor). Complete a critical analysis of the article. Following APA style format, a 2-3 page report of your critical analysis will be turned in.

Midterm: Wednesday February 27th

The midterm exam will cover the material and readings that has been covered to date.

Health Behaviour Challenge Due Monday March 4th : Students will decide on a behaviour that they would like to challenge themselves to change during the course of the semester. Periodic discussions on their progress will occur in class throughout the term. A short questionnaire will be completed at the beginning of the term. A written paper, reflecting on their experience will be turned in at the end of the term. The paper will reflect health behaviour theories learned in class, motivation, self-efficacy, barriers,

and behaviours that impeded on their success to change the desired behaviour.

Group Presentation: March 6, 13, 18, 20, 27

A 30-minute presentation will be delivered on your current health issue/topic. One peer-reviewed research article will be highlighted and also discussed in the presentation. The chosen article **MUST** be approved and sent to Professor Bowerman one-week prior to your presentation date, in order for it to be posted on the Moodle for the class. Students are to read the assigned article before each presentation. Further details will be provided.

Presentation Test: Wednesday April 3rd

The test will cover the group presentations and articles on the various chosen current issue topics.

Group Paper: Due Monday April 8th

Written paper on one chosen topic related to lifestyle/current health issue that is of interest to the group members. This topic will be the same as the group presentation. The paper will discuss the health issue including a thorough description of the health issue, why the issue is a current topic (e.g., risks or consequences), and a literature review on the topic related to the developed research question. A critical analysis of the resources will be conducted along the way to collect appropriate references. The Topic needs to be approved by instructor. Paper will be 10-12 pages, following the APA format. Further details will be provided.

**Grading, Assignment Submission,
Lateness Penalties and Missed Tests**

Grading: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf)

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the Kinesiology section of the Undergraduate Calendar.

Assignment Submission: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment. Assignments are to be handed in at the beginning of class on the date that they are due. If for a reason students can not make it to class, assignments should be turned in on or before the due date. Assignments can be placed in the Professors mailbox in the Kinesiology Office (Bethune 341). Ask the secretary to date and time stamp the assignment.

Lateness Penalty: Assignments received later than the due date will be penalized. There will be a penalty of 1 grade point per day that the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., Attending Physician's Statement).

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., a completed Attending Physician's Statement form) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

ADDITIONAL INFORMATION

If for some reason, a student wishes to re-submit an assignment or test for re-grade, along with the original graded assignment, a 1-2 page type paper must be submitted. The paper will explain why there were errors in the grading based on the course expectations, assignment criteria and grading expectations.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) -

<http://www.yorku.ca/secretariat/senate/committees/ascp/index-ascp.html>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation