

**FACULTY OF HEALTH**  
**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**  
**HH KINE 1020 6.0 – INTRODUCTION TO HEALTH AND FITNESS**

**Term:** Fall/Winter 2019-2020

**Course Instructors:**

*Course Director and Instructor:* Dr. J. Kuk, Rm 2002 Sherman Health Science Research Center

*Course Instructor:* Dr. M. Riddell, Rm 347 Norman Bethune College

*Course Instructor:* Dr. A. Belcastro, Rm 333B Norman Bethune College

*Laboratory Coordinator & Course e-mail Correspondent:* Loren Yavelberg, Rm. 124 Norman Bethune College, kine1020@gmail.com

**Location:** Curtis Lecture Hall (CLH) L

**Time:**     **Section A:** 8:30 - 9:30 am     **Section B:** 9:30 - 10:30 am

**Course Web Page:** Moodle (course information, lecture notes, announcements; grades, etc)

**Expanded Course Description:**

An examination of the components and principles of health and fitness with particular attention to methods of evaluation and modification. Topics also include chronic disease, mental health, nutrition, environmental health, national and global initiatives in health promotion, fitness test protocols for occupational and sports applications and certifications for fitness professionals.

**Course Learning Objectives**

The purpose of this course is to assist students in developing an overview of the main concepts in the area of health and fitness.

The specific objectives of the course are that students will be able to:

- Demonstrate a breadth and depth of knowledge in health and fitness
- Demonstrate knowledge of the terminology and nomenclature in health and fitness
- Work individually or in a group to obtain and analyze fitness and health data.
- Apply practical skills for assessing fitness, health and movement.

**Laboratory Objectives:**

Students will develop practical skills for administrating and interpreting of a variety of health and fitness assessment procedures together with lifestyle counselling. All students will personally undergo the health and fitness tests covered in the laboratories. Thus, it is imperative that *students attend laboratories dressed in activity appropriate clothing with their lab manual.*

**Course Materials:**

- A. Lecture Notes (available on Moodle)
- B. Lecture Recordings (available on Moodle)
- C. Laboratory Manual (required – available for purchase in the York University Bookstore – do NOT purchase used lab manuals as the hand-in forms will be missing)
- D. Course Text (strongly recommended - available for purchase in the York Bookstore)

**Evaluation:**

1. **Laboratory Participation & Hand-Ins (20%):** Students MUST PARTICIPATE in the laboratory sessions and, at the completion of each session, must hand in to the laboratory demonstrator a completed Laboratory Data Sheet (which is contained in the Lab Manual – Photocopies will **NOT** be accepted). You will be graded equally on your participation and the quality of your hand-in. Together these are valued at 2% per laboratory. You can miss two laboratories between lab 1 through 11 without penalty, and each additional missed lab, beyond for ANY reason will each result in a loss of 2% (Note: students who have or develop medical/physical limitations are expected to attend laboratories and participate to the degree possible). Please note that, **Lab 12 is MANDATORY** and your highest 9 lab marks and your mark from Lab 12 will be used to determine your laboratory grade. If you miss Lab 12 and have a documented reason which is confirmed by supporting documentation (e.g., form plus doctor's letter), then the 2% grade will be added to your final exam mark, meaning that your final exam will be worth 42% instead of 40%.

2. **Guest Lecture Reflection Write-Up (2%):** Students must write a 1 page (double spaced) reflection in response to the guest lectures on Time Management (Oct 2<sup>nd</sup>). For example, how has the lecture affected the way you manage your time? What are ways you need to improve your time management, or strategies that have worked for you? (*Hand in paper copies to your TA (Bethune 124) and email a copy to your TA. Due by Nov 29 @ 5 pm – 50% deduction if late. No excuses will be accepted, so please hand it in early. Will not be accepted after the midterm exam.*)

3. **Mid-Term Exam (38%)**  
Written during the December Exam Period (date to be announced by the university). Includes all material covered in the lectures and laboratories. **DO NOT BOOK ANY FLIGHTS UNTIL THE EXAM DATES ARE FINALIZED.**

4. **Final Exam (40%)**  
Written during the April Exam Period (date to be announced by the university). Includes all material covered in the lectures and laboratories SINCE THE MID TERM EXAM, plus INFORMATION FROM THE FALL TERM THAT IS RELIED UPON IN MATERIAL PRESENTED IN THE WINTER TERM.

**Grading and Missed Exams:**

**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.). (For a full description of York grading system see the Undergraduate Calendar-<http://www.registrar.yorku.ca/calendars/2012-2013/academic/grades/index.htm>)

*Note:* Final course grades may be adjusted to conform to School of Kinesiology and Health Science or Faculty of Health grades distribution profiles

**Missed Exams:** Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Director. Students must also complete a deferral form from Bethune 341. Students must contact the course director within 1 week of the missed exam and provide the appropriate documentation within 3 weeks of the exam. A make-up exam is generally written at least three weeks after the missed exam.

**Correspondence Information:**

*Due to the size of the class, all emails must be directed to the Course Email Correspondent (Loren Yavelberg - [kine1020@gmail.com](mailto:kine1020@gmail.com)). If needed, the emails will be forwarded to the Course Director or Instructor for reply. **All emails must include your name, section and student number and should be written in a professional and courteous manner. Otherwise they may not be answered.** The instructors will be available for office **hours by appointment only.***

**Important Course Information:**

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) [http://www.yorku.ca/secretariat/senate\\_cte\\_main\\_pages/ccas.htm](http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm).

- York's Academic Honesty and Plagiarism Policy and Procedures/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

**Note:** A special combined class for KINE 1000 and KINE 1020 will be held Wed, September 11, 8:30-10:30 in the Tait McKenzie Gym. Draws for \$100 York Bookstore Gift Certificates and team prizes for fun games will be awarded. All participants will receive a special York gift for attending.