



UNDERGRADUATE EDUCATION COMMITTEE (UEC) MEETING
March 23, 2018 - 10:00 AM
A225

AGENDA

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**1. APPROVAL OF THE AGENDA**

**1.1.**

**2. APPROVAL OF UEC MINUTES**

5 - 12      **2.1.** UEC draft minutes: February 23, 2018

**3. COURSES AND PROGRAMS**

13 -      **3.1. Criminology and Criminal Justice: Course outlines**  
16      Review with changes: CRIM 211

MOTION: To approve the CRIM 211 course outline as presented.

17 -      **3.2. Physics: Course outlines**  
20      Changes including credits and pre/corequisites: ENGR 210

MOTION: To approve the ENGR 210 course outline as presented.

21 -      **3.3. Arts: Program changes**  
45      Name change: Professional Communications associate certificate  
         Name change: Media Literacy associate certificate  
         Name change: Indigenous Maps, Films, Rights, and Land Claims associate  
         certificate  
         Addition of degree options: Bachelor of Arts  
         Change to availability of minors and extended minors in other degree programs:

- Art History extended minor and minor
- Creative Writing extended minor and minor
- Graphic and Digital Design extended minor and minor
- Media and Communication Studies extended minor and minor
- Theatre extended minor and minor
- Visual Arts extended minor and minor

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MOTION: To recommend that the Professional Communications certificate, Media Literacy certificate, and Indigenous Maps, Films, Rights, and Land Claims certificate be changed to associate certificates as presented.

MOTION: To recommend the changes to the Bachelor of Arts degree as presented.

MOTION: To recommend the changes to the availability of the following minors and extended minors in other degrees:

- Art History extended minor and minor
- Creative Writing extended minor and minor
- Graphic and Digital Design extended minor and minor
- Media and Communication Studies extended minor and minor
- Theatre extended minor and minor
- Visual Arts extended minor and minor

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48

### **3.4. General Studies**

Addition of extended minors: Bachelor of General Studies

MOTION: To recommend the addition of extended minors to the Bachelor of General Studies degree as presented.

49 -  
52

### **3.5. Library and Information Technology**

Changes to entrance and continuance requirements: Library and Information Technology diploma

MOTION: To recommend approval of the changes to the Library and Information Technology diploma entrance and continuance requirements, effective September 2018.

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186

### **3.6. Kinesiology: Course outlines**

Changes including title, total hours, and course code: KIN 103 (formerly KPE 103)

Changes including total hours and course code: KIN 160 (formerly KPE 160)

Changes including course code: KIN 161 (formerly KPE 161)

Changes including title and course code: KIN 163 (formerly KPE 163)

Changes including course code: KIN 170 (formerly KPE 170)

Changes including prerequisites, total hours, and course code: KIN 215 (formerly KPE 215)

Changes including course code: KIN 221 (formerly KPE 221)

Changes including total hours and course code: KIN 260 (formerly KPE 260)

Changes including prerequisites and course code: KIN 261 (formerly KPE 261)

Changes including course code: KIN 266 (formerly KPE 266)

Changes including course code: KIN 268 (formerly KPE 268)

Changes including course code: KIN 270 (formerly KPE 270)

Changes including course code and number: KIN 272 (formerly KPE 370)

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Changes including course code: KIN 301 (formerly KPE 301)  
Changes including course code: KIN 302 (formerly KPE 302)  
Changes including title and course code: KIN 315 (formerly KPE 315)  
Changes including course code: KIN 350 (formerly KPE 350)  
Changes including title and course code: KIN 360 (formerly KPE 360)  
Changes including course code and prerequisites: KIN 362 (formerly KPE 362)  
Changes including course code: KIN 363 (formerly KPE 363)  
Changes including course code, prerequisites, and total hours: KIN 365 (formerly KPE 365)  
Changes including course code and prerequisites: KIN 366 (formerly KPE 366)  
Changes including course code: KIN 368 (formerly KPE 368)  
Changes including course code: KIN 371 (formerly KPE 371)  
Changes including title, course code, prerequisites, and total hours: KIN 399 (formerly KPE 399)

Changes including course code, number, and total hours: KIN 401 (formerly KPE 450C)  
Changes including course code, number, and total hours: KIN 402 (formerly KPE 450D)  
Changes including course code: KIN 435 (formerly KPE 435)  
Changes including title and course code: KIN 451 (formerly KPE 451)  
Changes including course code: KIN 455 (formerly KPE 455)  
Changes including course code: KIN 460 (formerly KPE 460)  
Changes including course code: KIN 461 (formerly KPE 461)  
Changes including title and course code: KIN 462 (formerly KPE 462)  
Changes including title, course code, and prerequisites: KIN 463 (formerly KPE 463)  
Changes including course code: KIN 465 (formerly KPE 465)  
Changes including course code: KIN 466 (formerly KPE 466)  
Changes including course code and prerequisites: KIN 470 (formerly KPE 470)  
Changes including title, prerequisites, and course code: KIN 481 (formerly KPE 481)  
Changes including course code and number: KIN 499 (formerly KPE 490)

New course: KIN 121, Physical Literacy  
New course: KIN 122, Teaching Team Sport and Games  
New course: KIN 222, Teaching Fitness and Lifestyle Recreation  
New course: KIN 299, Introductory Special Topics in Kinesiology  
New course: KIN 322, Teaching Dance and Gymnastics  
New course: KIN 323, Teaching Outdoor Leadership

Discontinuation: KPE 130, 131, 132A, 132B, 133A, 133B, 220C, 220D, 220E, 220F, 333

MOTION: To approve the KIN course outlines as presented.

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MOTION: To approve the discontinuation of KPE 130, 131, 132A, 132B, 133A, 133B, 220C, 220D, 220E, 220F, and 333 as presented.

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**3.7. Kinesiology: Program changes**

Changes to program requirements: Bachelor of Kinesiology

New program: BKin Active Health specialization

MOTION: To recommend the changes to the Bachelor of Kinesiology as presented, effective September 2018.

MOTION: To recommend the BKin Active Health specialization as presented.

**4. OTHER BUSINESS/DISCUSSION ITEMS**

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**4.1. Annual review of UEC Terms of Reference**

**4.2. Policy subcommittee report**

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**4.3. Policy 105 ad hoc subcommittee report**

**4.4. Admissions subcommittee report**

**4.5. Transfer Credit subcommittee report**

**4.6. Senate report**

**5. INFORMATION ITEMS**

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**5.1. Revisions to Senate bylaws**

**5.2. Minor course changes** (outlines will be available at  
[www.ufv.ca/calendar/courseoutlines](http://www.ufv.ca/calendar/courseoutlines))

BIO 301, 307

CYC 275

**6. ADJOURNMENT**



## **UNDERGRADUATE EDUCATION COMMITTEE (UEC) MEETING**

February 23, 2018  
9:00 AM - A225  
Abbotsford Campus

### **DRAFT MINUTES**

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**PRESENT:** Donna Alary, Adrianna Bakos, Maria Bos-Chan, Sue Brigden, Heather Compeau, John English, Nancy Goad, David Johnston, Bruce Kirkley, Elaine Newman, Samantha Pattridge, Teresa Piper, Kirsten Robertson, Eric Spalding, Ben Vanderlei, and Simon Xi

**ABSENT:** Rhonda Colwell, Vlad Dvoracek, Peter Geller, Shirley Hardman, Ceilidh Hart, Emilio Landolfi, David McGuire, Mary Saudelli, and Arashpreet Tamber

**GUESTS:** Vandy Britton, Jeff Chizma, Susan Francis, Seonaigh MacPherson, Curtis Magnuson, Amanda McCormick, Frank Ulbrich

**RECORDER:** Amanda Grimson

#### **1. APPROVAL OF THE AGENDA**

#### **2. APPROVAL OF UEC MINUTES**

##### **2.1. UEC draft minutes: January 26, 2018**

**MOTION:**

To approve the draft minutes as presented.

CARRIED

#### **3. COURSES AND PROGRAMS**

##### **3.1. Business: Course outlines**

Review with changes including prerequisites: BUS 406, 408, 418, 420, 422, 424, 427, 430

Review with changes: BUS 426

**MOTION:**

To approve the BUS course outlines as amended:

- BUS 424 learning outcome #3: "Identifying" will be changed to "Identify"

CARRIED

##### **3.2. Business: Program changes**

Changes to program and entrance requirements, and name change: Business Administration (Aviation) diploma (formerly Aviation diploma (two-year program))

Changes to program and entrance requirements: BBA (Aviation)

**MOTION:**

To recommend the changes to the Business Administration (Aviation) diploma program and entrance requirements, including a name change from Aviation diploma (two-year program), effective September 2018.

CARRIED

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**MOTION:**

To recommend the changes to the Bachelor of Business Administration (Aviation) program and entrance requirements as presented, effective September 2018.

CARRIED

**3.3. Modern Languages: Course outlines**

Changes including total hours: PUNJ 101

Changes including prerequisites: PUNJ 102, 211

Changes including prerequisites: PUNJ 210

New course: PUNJ 209, Introduction to Punjabi Reading and Writing

There were some suggestions for minor revisions to the learning outcomes. In particular, outcomes beginning with "know" should be changed to measurable verbs. D. Johnston and A. Grimson will work with the department to revise learning outcomes and confirm that the transfer credit information is correct.

**MOTION:**

To approve the PUNJ course outlines as presented, providing the learning outcomes are revised as noted.

CARRIED

**3.4. Social Work and Human Services: Course outlines**

Review with changes including title, prerequisites, pre/corequisites, and equivalent courses: HSER 192

**MOTION:**

To approve the HSER 192 course outline as presented.

CARRIED

**3.5. Visual Arts: Course outlines**

Review with changes including prerequisites: AH 315

New course: VA 395

It was noted that the final learning outcome for AH 315 ("demonstrate research, critical thinking, and writing skills in discussions, presentations, and written projects") includes skills that are not included in the course content. This outcome should be removed unless these are explicitly being taught. As a Visual Arts representative was not able to attend the meeting, the department will be asked to either delete this outcome or provide Screening with an explanation for retaining it.

The Visual Arts department will also be asked to provide Screening with further clarification on the relationship between credits and hours, particularly concerning the discrepancy between AH and VA courses.

**MOTION:**

To approve the AH and VA course outlines as amended:

- AH 315: learning outcome #6 will be removed, unless this is explicitly being taught.

CARRIED

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**3.6. Education: Program changes**

Change to entrance requirements: Bachelor of Education

**MOTION:**

To recommend the changes to the Bachelor of Education entrance requirements as presented, effective September 2018.

CARRIED

**3.7. Arts: Course outlines**

New course: IDS 100, Interdisciplinary Studies I

New course: IDS 200, Interdisciplinary Studies II

New course: IDS 300, Interdisciplinary Studies III

**MOTION:**

To approve the new IDS course outlines as presented.

CARRIED

**3.8. Arts: Program changes**

Change to program requirements: Bachelor of Arts

**MOTION:**

To approve the changes to the Bachelor of Arts as presented, effective September 2018.

CARRIED

**3.9. Continuing Education: Program changes**

Changes to program and entrance requirements: Bookkeeping for Small Business certificate

**MOTION:**

To recommend the changes to the Bookkeeping for Small Business certificate program and entrance requirements as presented, effective April 2018.

CARRIED

**3.10. Continuing Education: Course outlines**

Changes including title and course code: BSB BK01 (formerly SDU BK01)

Changes including title and course code: BSB BK02 (formerly SDU BK02)

Changes including title and course code: BSB CA01 (formerly MCW35)

Changes including title and course code: BSB CA02 (formerly MCW36)

Changes including title and course code: TECH EX01 (formerly MCW180)

Changes including title and course code: BSB PA01 (formerly SDU PAC01)

New course: BSB PRACT, Bookkeeping for Small Business Practicum

There was a suggestion that additional details be added to the evaluation section of the practicum course, BSB PRACT. S. Francis (Continuing Education representative) will revise this section.

**MOTION:**

To approve the BSB and TECH course outlines as presented.

CARRIED

**3.11. Physics: Course outlines**

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Changes including pre/corequisites: ENPH 310  
Changes including pre/corequisites and course code: ENPH 390 (formerly ENGR 390)  
Review with changes including prerequisites: PHYS 105  
Changes including credits, pre/corequisites, and total hours: PHYS 232  
Review with changes including title and total hours: PHYS 393  
Review with changes including corequisites: PHYS 484  
Discontinuation: PHYS 252, 323

There were questions regarding the relationship between credits and total hours. This is an issue that has been raised before, and that a UEC subcommittee is currently reviewing. J. Chizma (Physics department head) noted that these courses include more class time than other UFV courses, but in turn require less work of students outside of class time.

**MOTION:**

To approve the ENPH, and PHYS course outlines as presented.  
CARRIED

**MOTION:**

To approve the discontinuation of PHYS 252 and 323 as presented.  
CARRIED

**3.12. Physics: Program changes**

Changes to entrance and program requirements: Engineering Physics diploma in Mechatronics

**MOTION:**

To recommend the changes to the Engineering Physics diploma in Mechatronics entrance and program requirements as presented, effective September 2018.  
CARRIED

**3.13. Theatre: Course outlines**

New course: THEA 291, Acting in a Complex Role

**MOTION:**

To approve the new THEA 291 course outline as amended:

- Learning outcomes #8 and #9 combined to: "Collaborate effectively with peers, staff, and director, including participation in set strike"

CARRIED

**3.14. Theatre: Program changes**

Change to program requirements: Theatre major

**MOTION:**

To approve the change to the Theatre major as presented, effective September 2018.  
CARRIED

**3.15. Adult Education: Course outlines**

Changes including pre/corequisites: ADED 370, 470

**MOTION:**

To approve the ADED course outlines as presented.  
CARRIED

**3.16. Adult Education: Program changes**

Change to residency: Teaching English as a Second Language certificate  
Change to program name: Workplace Education associate certificate

An effective date for the name change of the Workplace Education associate certificate will be discussed with the Registrar before this is sent to Senate for final approval.

**MOTION:**

To recommend the change to the TESL certificate residency requirements as presented, effective September 2018.  
CARRIED

**MOTION:**

To recommend that the Workplace Education certificate be changed to the Workplace Education associate certificate as presented.  
CARRIED

**3.17. Criminal Justice: Course outlines**

Reactivation of discontinued course with changes including title: CRIM 135  
Review with changes including credits, prerequisites, and total hours: CRIM 320, 321  
Review with changes including prerequisites: CRIM 265, 310, 330, 335, 339, 400, 402, 410, 411, 412, 416, 418, 419, 450, 480  
Review with changes including title and prerequisites: CRIM 311, 401, 435  
New course: CRIM 479, Professional Practice II

**MOTION:**

To approve the CRIM course outlines as presented.  
CARRIED

**3.18. Criminal Justice: Program changes**

Changes to program requirements: Bachelor of Arts (Criminal Justice)  
Changes to program requirements: Criminal Justice diploma

**MOTION:**

To recommend the changes to the Bachelor of Arts (Criminal Justice) as presented, effective September 2018.  
CARRIED

**MOTION:**

To recommend the changes to the Criminal Justice diploma as amended, effective September 2018

- Delete "Note 2" at the end of the program outline section.

CARRIED

**3.19. Communications: Program changes**

Change to program and residency requirements: Communications minor

**MOTION:**

To recommend the changes to the Communications minor residency and program requirements as amended, effective September 2018:

- A note will be added to the PLAR section referencing the Prior Learning Assessment and Recognition policy (94), stipulating that PLAR does not count toward residency.

CARRIED

**3.20. Trades: Program changes**

Change in entrance requirements: Trades programs:

- Plumbing and Piping certificate
- Carpentry certificate
- Joinery certificate
- Welding certificates
- Professional Cook certificate
- Automotive Service Technician certificate
- Automotive Collision Repair and Refinishing certificate

In addition to the Communications 12 change, the acceptable WritePlacer score has been lowered from 6 to 5.

**MOTION:**

To recommend the changes to entrance requirements for the following programs as presented, effective September 2018:

- Plumbing and Piping certificate
- Carpentry certificate
- Joinery certificate
- Welding certificates
- Professional Cook certificate
- Automotive Service Technician certificate
- Automotive Collision Repair and Refinishing certificate

CARRIED

**3.21. Social, Cultural, and Media Studies: Course outlines**

Discontinuation: ANTH 471

**MOTION:**

To approve the discontinuation of ANTH 471 as presented.

CARRIED

**3.22. Upgrading and University Preparation: Course outlines**

Change to credits: BIO 093

Change to credits: CHEM 083

Change to credits: PHYS 083, 093

Change to credits: MATH 094, 095

**MOTION:**

To approve the BIO, CHEM, and PHYS course outlines as amended:

- Course titles will be updated to match current titles in the B.C. ABE articulation handbook.

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CARRIED

**MOTION:**

To approve the MATH course outlines as amended:

- Course titles will be updated to match current titles in the B.C. ABE articulation handbook.

CARRIED

**3.23. Graphic and Digital Design: Course outlines**

New course: GD 316, Print and Digital Production

**MOTION:**

To approve the GD 316 course outline as presented.

CARRIED

**3.24. Graphic and Digital Design: Program changes**

Change to program requirements: Graphic and Digital Design diploma

Change to program requirements: Graphic and Digital Design extended minor

Change to program requirements: Graphic and Digital Design minor

**MOTION:**

To recommend the changes to the Graphic and Digital Design diploma as amended, effective September 2018:

- Entrance requirement #5 (attendance at an information session) deleted.
- Entrance requirement #7 changed to "Interview may be required based on portfolio submission..."

**MOTION:**

To approve the changes to the Graphic and Digital Design extended minor as presented, effective September 2018.

CARRIED

**MOTION:**

To recommend the changes to the Graphic and Digital Design minor as presented, effective September 2018.

CARRIED

**4. OTHER BUSINESS/DISCUSSION ITEMS**

**4.1. Admissions Subcommittee report**

This item was postponed to the next meeting.

**4.2. Transfer Credit Subcommittee report**

This item was postponed to the next meeting.

**4.3. Policy Subcommittee report**

This item was postponed to the next meeting.

**4.4. Senate report**

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This item was postponed to the next meeting.

**5. INFORMATION ITEMS**

**5.1. Minor course changes** (outlines will be available at [www.ufv.ca/calendar/courseoutlines](http://www.ufv.ca/calendar/courseoutlines))

- AH 203
- AH 401/VA 401, AH 403/VA 403
- BUS 404, 405, 460
- CRIM 100, 103, 104, 105, 129, 201, 202, 203, 210, 212, 213, 214, 216, 230, 240, 251, 252, 281
- PHIL 220, 322, 352
- VA 251, 252

**6. ADJOURNMENT**

The meeting was adjourned at 12:09 pm.

**Memo for Course Changes**

To: CACC/CAC/UEC

From: Amanda McCormick and Cherish Forster, School of Criminology and Criminal Justice

Date: October 16, 2017

**Subject: Proposal for revision of CRIM 211**

1. Summary of changes (select all that apply):
  - ☒ Six-year review
  - ☐ Number and/or course code
  - ☐ Credits and/or total hours
  - ☐ Title
  - ☒ Calendar description
  - ☐ Prerequisites and/or co-requisites
  - ☐ Frequency of course offering
  - ☒ Learning outcomes
  - ☒ Delivery methods and/or texts and resource materials
  - ☐ PLAR options, grading system, and/or evaluation methods
  - ☐ Discontinuation of course
  - ☐ Other – Please specify:
2. Rationale for change:
  - a. In updating our courses for their six-year review, we moved the outlines to the new official course outline forms and made other appropriate edits to tidy up and bring them in line with the new forms (e.g. 40 word calendar description)
3. If there are substantial changes to the learning outcomes, explain how they align with the learning outcomes of the program(s): n/a
  - a. The School of Criminology and Criminal Justice has identified specific learning objectives, which are met by a range of our lower level courses. CRIM 211 most strongly meets the following:
    - i. Values in Criminology and Criminal Justice – Students will act ethically, honestly, and respectfully in the University and the workplace
    - ii. Information Literacy – Students will be able to locate, access, and reference academic and non-academic information from a wide range of sources, such as libraries and the internet, and be able to competently use the software packages common to criminology and criminal justice
    - iii. Worldview – Students will understand and respect different intellectual philosophies and social cultures
4. Is this course required by any program beyond the discipline? If so, how will this change affect that program or programs?

- a. As we have not substantially changed the learning outcomes or changed pre-requisites for any of these courses, there are no anticipated effects on other program.
- 5. Which program areas have been consulted about the change(s)?
  - a. N/a
- 6. What consideration has been given to indigenizing the curriculum?
  - a. This course has been revised in consultation with the Indigenous Affairs Office, and updated to include the Truth and Reconciliation Commission's Calls to Action.
- 7. If this course is not eligible for PLAR, explain why:
  - a. N/A
- 8. If any of the following items on the official course outline have changed, explain how the change will affect the budget for your area or any other area: N/A
  - a. Credit value
  - b. Class size limit
  - c. Frequency of offering
  - d. Resources required (labs, equipment)
- 9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded?
  - a. N/A
- 10. Estimate of the typical costs for this course, including textbooks and other materials:
  - a. approx. \$100 – 150 for texts



ORIGINAL COURSE IMPLEMENTATION DATE: September 1997  
 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> CRIM 211                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Indigenous Peoples, Crime, and Criminal Justice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Indigenous Peoples, Crime & CJ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Social Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Department (or program if no department):</b> CRIM                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br>Examines historical and contemporary issues regarding Indigenous peoples, crime, and the criminal justice system, including the impact of colonization, government policies and programs, and the increasing role of Indigenous communities in implementing justice initiatives.                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>NONE</b><br>Cross-listed with: <b>NONE</b><br>Equivalent course(s): <b>NONE</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td style="text-align: right;">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: right;"><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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| 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>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> Annually                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Department / Program Head or Director:</b> Amanda McCormick                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Date approved:</b> July 27, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date approved:</b> November 3, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date of posting:</b> n/a                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Dean/Associate VP:</b> Jacqueline Nolte                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Date approved:</b> November 3, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date of meeting:</b> February 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

CRIM 211

University of the Fraser Valley Official Undergraduate Course Outline

Page 2 of 2

## Learning Outcomes

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

1. Assess critically the impact of the criminal justice system on Indigenous peoples in Canada.
2. Explain the role of various structural factors (economic, political, social) in shaping Indigenous peoples' involvement in all aspects of the criminal justice system.
3. Articulate key issues and concerns in Indigenous justice.
4. Describe the role of Indigenous communities in designing and implementing justice initiatives.
5. Explain the Truth and Reconciliation Commission's Call to Action as it relates to the Canadian criminal justice system.

## 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, individual oral presentations and group work.

**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. McCaslin, Wanda         | Justice as Healing Indigenous Ways: Writings on Community Peacemaking and Restorative Justice | <input type="checkbox"/> |           | 2005 |
| 2. Monchalin, Lisa         | The Colonial Problem: An Indigenous Perspective on Crime and Injustice in Canada              | <input type="checkbox"/> |           | 2016 |
| 3. TRC                     | Truth and Reconciliation of Canada – sections 25-42                                           | <input type="checkbox"/> |           | 2015 |
| 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:    | 30% | Assignments:       | %   | Midterm exam:     | 25% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:          | %   | Field experience: | %   | Shop work: | %    |
| Participation: | 10% | Oral Presentation: | 10% | Term Paper:       | 25% | Total:     | 100% |

## Details (if necessary):

## Typical Course Content and Topics

Week 1 Introductions, Administration, Review course outline  
 Week 2 Indigenous Peoples and Cultural Overview  
 Week 3, 4 Indigenous Peoples and Impacts of Colonization  
 Week 5, 6 Indigenous Peoples and Worldview Differences  
 Week 7, 8 Identifying the Problem(s)  
 Week 9, 10 Government Responses to its failure to deliver justice to Indigenous Peoples of Canada  
 Week 11, 12 Indigenous Justice  
 Week 13 Next steps in Indigenous Justice

**Memo for Course Changes**

To: Faculty of Science Curriculum Committee

From: Jeff Chizma (Head of the Physics department)

Date: November 17, 2017

**Subject: Proposal for revision of ENGR 210**

1. Summary of changes (select all that apply):

- ☐ Six-year review
- ☐ Number and/or course code
- ☒ Credits and/or total hours
- ☐ Title
- ☒ Calendar description
- ☒ Prerequisites and/or co-requisites
- ☐ Frequency of course offering
- ☒ Learning outcomes
- ☒ Delivery methods and/or texts and resource materials
- ☒ PLAR options, grading system, and/or evaluation methods
- ☐ Discontinuation of course
- ☐ Other – Please specify:

2. Rationale for change:

- After having offered the course several times now, we feel that this course would work better with the addition of a laboratory component. So we are adding 18 lab hours to the course, but reducing the number of lecture hours so that the total hours are unaffected. However, these changes will necessitate an increase in the total amount of work required by the students outside of class, so that the credit allocation has been increased from 3 to 4 credits. We also found that this course works better in the Fall rather than Winter, so the corequisites have been altered to include PHYS 221 rather than PHYS 381. We have found that the content in PHYS 221 is more than sufficient for students to be successful while taking it alongside ENGR 210.
- We have also updated the Calendar description to adhere to the new standards, as well as updated the way the course is evaluated to reflect current practises.
- The grading scheme has also been updated to reflect the addition of the labs, and textbook has changed to what the instructor feels is a better book.
- With the addition of the labs, the class maximum has changed from 24 to 18 to accommodate both equipment and space restrictions.
- Course content has been updated to reflect the proposed changes.
- The increase in credits for this course (as well as for PHYS 232) is offset by the reduction in the number of required courses for the Diploma. We have removed ENGR 151 as directly

required for the Diploma, so that the net result is that the Diploma remains at a minimum of 60 credits – as required by UFV policies.

3. If there are substantial changes to the learning outcomes, explain how they align with the learning outcomes of the program(s):
  - The changes in the learning outcomes reflect the addition of the more practical component found in the laboratories, but otherwise to not substantially change the expected outcomes of the course.
4. Is this course required by any program beyond the discipline? If so, how will this change affect that program or programs?
  - This course is only required for the Engineering Physics diploma, so will not affect any other disciplines than Physics.
5. Which program areas have been consulted about the change(s)?
  - As this affects only Physics and Engineering students, no other program areas have been consulted.
6. What consideration has been given to indigenizing the curriculum?
  - As we are simply making the changes to add a laboratory component, we see no way to increase the indigenization of this course at this time. Given the content of this course (electronics), indigenization is considered at the program level rather than at the course level.
7. If this course is not eligible for PLAR, explain why:
  - This course is eligible for PLAR.
8. If any of the following items on the official course outline have changed, explain how the change will affect the budget for your area or any other area:
  - Other than the additional cost of the electronic components required for the labs (which is minor), there should be no direct budgetary impact for Physics. The credit increase from 3 to 4 will exactly balance the reduction of the class maximum from 24 to 18 ( $24 \times 3 = 72 = 18 \times 4$ ), so the net practical affect should be zero.
9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded?
  - N/A
10. Estimate of the typical costs for this course, including textbooks and other materials:
  - We estimate that students should expect to pay somewhere in the neighborhood of \$150 each for the cost of the textbook.



ORIGINAL COURSE IMPLEMENTATION DATE: September 2014  
 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> ENGR 210                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Circuit Analysis                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Science                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Department (or program if no department):</b> PHYSICS                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br>Introduces mathematical models used to represent a variety of engineering problems (such as the solution of physical electric and electronic circuits). In particular, students will learn about network theorems, phasors, AC circuits, resonance, transformers, and three-phase circuits.                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | PHYS 112.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Pre/corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | PHYS 221.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Equivalent Courses (cannot be taken for additional credit)</b><br>Former course code/number:<br>Cross-listed with:<br>Equivalent course(s):<br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 75</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Lecture hours</td> <td style="text-align: center;">57</td> </tr> <tr> <td>Seminars/tutorials/workshops</td> <td></td> </tr> <tr> <td>Laboratory hours</td> <td style="text-align: center;">18</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>75</b></td> </tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 57 | Seminars/tutorials/workshops |  | Laboratory hours | 18 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>75</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 57        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 18        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>75</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Maximum enrolment (for information only):</b> 18<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> Annually                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Department / Program Head or Director:</b> Jeff Chizma                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Date approved:</b> November 17, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date approved:</b> December 1, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date of posting:</b> February 9, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Dean/Associate VP:</b> Lucy Lee (Greg Schlitt)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Date approved:</b> December 1, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

ENGR 210

University of the Fraser Valley Official Undergraduate Course Outline

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## Learning Outcomes

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

- Describe key circuit elements including resistors, capacitors, inductors, transformers, dependent and independent power sources.
- State the fundamental laws (Kirchhoff's Laws) and theorems (Thevenin/Helmholtz's and Norton/Helmholtz's equivalences) needed for circuit design and analysis.
- Analyze electrical circuits containing a variety of circuit elements using the basic laws, theorems, and techniques.
- Use computer software Matlab to solve DC and AC circuit equations.
- Calculate both steady state and transient responses in 1<sup>st</sup> and 2<sup>nd</sup> order circuits.
- Analyze single and three phase AC circuits, including AC power.
- Compare the theoretical results with measurements.

## 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.

**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. J. W. Nilsson and S. A. Riedel | Electric Circuits (E10)              | <input checked="" type="checkbox"/> | Pearson   | 2014 |
| 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.)

None.

## Typical Evaluation Methods and Weighting

|                |     |              |     |                   |     |            |      |
|----------------|-----|--------------|-----|-------------------|-----|------------|------|
| Final exam:    | 45% | Assignments: | 15% | Midterm exam:     | 25% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | 15% | Field experience: | %   | Shop work: | %    |
| Other:         | %   | Other:       | %   | Other:            | %   | Total:     | 100% |

## Details (if necessary):

## Typical Course Content and Topics

- Basic circuit variables, simple resistive circuits
- Techniques of circuit analysis (nodal analysis, mesh analysis, source transformation, superposition, Thevenin and Norton theorem)
- Inductance, capacitance, and mutual inductance
- Response of first-order RL and RC circuits
- Natural and step responses of RLC circuits
- Sinusoidal steady-state analysis (phasors, nodal analysis, mesh analysis, source transformation, Thevenin and Norton theorem)
- Basic concepts and performance characteristics of transformers
- Sinusoidal steady-state power calculations
- Balanced power three-phase circuits

**Memo for Program Changes**

To: UEC

From: Alisa Webb, Associate Dean of Students, Arts

Date: December 21, 2017

**Subject: Program name change for the following certificates:**

- **Professional Communications Certificate**
- **Media Literacy Certificate**
- **Indigenous Maps, Films, Rights, and Land Claims Certificate**

1. Summary of changes (select all that apply):

- ☐ Program revision that requires new resources
- ☐ Addition of new course options or deletion or substitution of a required course
- ☐ Change to the majority of courses in an approved program
- ☐ Change to the duration, philosophy, or direction of a program
- ☐ Addition of a new field of specialization, such as a concentration
- ☐ Change in requirements for admission
- ☐ Change in requirements for residency or continuance
- ☐ Change in admission quotas
- ☐ Change which triggers an external review
- ☐ Deletion of a program not included in the Program Discontinuance policy
- ☒ Other – Please specify: Small name change to ensure compliance with Policy 64

2. Rationale for change(s):

UFV revised Policy 64: Credentials, providing definitions for various credentials. Certificates need to be 18-45 credits; associate certificates capture those credentials of 9-17 credits.

The above three certificates now all fall under the designation of “associate certificate.” There is no intention to revise any of these credentials at this time, so the change is in name only. Given this, we ask that UEC simply approve the change from “certificate” to “associate certificate” to bring all three into compliance with Policy 64.

**Memo for Program Changes**

To: **Alisa Webb, CACC Chair**

From: **Paula Funk, Coordinator, Completion Advising**

Date: **December 21, 2017**

Subject: **Program change to Bachelor of Arts**

1. Summary of changes (select all that apply):

- ☐ Program revision that requires new resources
- ☒ **Addition of new program options** or deletion or substitution of a required course
- ☐ Change to the majority of courses in an approved program
- ☐ Change to the duration, philosophy, or direction of a program
- ☐ Addition of a new field of specialization, such as a concentration
- ☐ Change in requirements for admission
- ☐ Change in requirements for residency or continuance
- ☐ Change in admission quotas
- ☐ Change which triggers an external review
- ☐ Deletion of a program not included in the Program Discontinuance policy
- ☐ Other – Please specify:

2. Rationale for change(s): **Based on student interest and request, and following consultation with departments and the BFA program committee, the College of Arts has opted to put forward the Creative Writing and Graphic Design programs for inclusion in the BA degree. Currently, they are restricted to declaration only in the BFA. Expanding student options within the BA is a reflexive response to student demand that will make the degree more flexible and functional for students.**

3. If program outcomes are new or substantially changed, explain how they align with the Institutional Learning Outcomes: **Both programs will enhance institutional learning outcomes in the BA by providing options in which students analyze critically and imaginatively, use knowledge and skills proficiently, initiate inquiries and develop solutions to problems, and communicate effectively.**

4. What consideration has been given to indigenizing the curriculum? **The addition of new program areas to the BA allows for a variety of learning styles and career outcomes, which may be of interest to indigenous learners. Indigenous content within the specified programs will be available to a broader range of students.**

5. Will additional resources be required? If so, how will these costs be covered? **N/A**

6. How will students be impacted? (Indicate the projected number of students impacted.) Is the change expected to increase/decrease enrolment in the program? **This change may increase enrolment in the BA degree, due to a wider selection of program options. It may decrease enrolment in the BFA, as this is currently the only program available to students wanting a degree-level credential in CW or GD.**

7. Does the number of required core or elective credits from the program-specific discipline change? If so, will this change the total number of courses to be offered within the discipline? **N/A**
8. Identify any available resources that will be used to accommodate the program changes. (Eg. seats in existing classes, conversion of sections, timetabling changes, deletion of courses, etc.) **Additional high demand sections of Graphic Design courses are already approved and are being phased into rotation. The need for additional resources is not anticipated at this time for Creative Writing.**
9. Is the number of required or elective courses from other disciplines in the program changing? If so, what is the estimated impact to enrolments in these courses? Provide a memo from the respective dean(s) of the impacted faculty to confirm if budgetary implications have been considered and addressed. **N/A**
10. Provide a memo from the program's dean to confirm that budgetary implications of the proposed changes have been considered and will be addressed within the faculty budget.

## ARTS

[ufv.ca/arts](http://ufv.ca/arts)

Bachelor of Arts degree

Declaration of majors, extended minors, minors

To declare, please book an appointment with an Arts advisor at [ufv.ca/advising](http://ufv.ca/advising).

When to declare

- Between 30 and 60 credits
- Failure to declare by 60 credits: registration in further courses is blocked

Declaration requirements

- Minimum 2.0 CGPA on all credits attempted
- Minimum grade of C on each of 3 required courses for the subject discipline, unless otherwise stated

What to declare (minimum)

- One major, or
- Two extended minors/minors of a minimum of 24 credits each

Available declaration options

| Discipline                                               | Honours | Major | Extended minor | Minor |
|----------------------------------------------------------|---------|-------|----------------|-------|
| <a href="#">Anthropology</a>                             |         |       | ✓              | ✓     |
| <a href="#">Applied Ethical and Political Philosophy</a> |         |       |                | ✓     |
| <a href="#">Applied Statistics</a>                       |         |       |                | ✓     |
| <a href="#">Art History</a>                              |         |       | ✓              | ✓     |

|                                              |   |   |   |   |
|----------------------------------------------|---|---|---|---|
| <a href="#">Biology</a>                      |   |   | ✓ |   |
| <a href="#">Business</a>                     |   |   |   | ✓ |
| <a href="#">Communications</a>               |   |   |   | ✓ |
| <a href="#">Computer Information Systems</a> |   |   | ✓ | ✓ |
| <a href="#">Creative Writing</a>             |   |   | ✓ | ✓ |
| <a href="#">Criminal Justice</a>             |   |   | ✓ | ✓ |
| <a href="#">Economics</a>                    |   | ✓ |   | ✓ |
| <a href="#">English</a>                      | ✓ | ✓ | ✓ | ✓ |
| <a href="#">English - Creative Writing</a>   | ✓ |   |   |   |
| <a href="#">French</a>                       |   | ✓ | ✓ | ✓ |
| <a href="#">Geography</a>                    | ✓ | ✓ | ✓ | ✓ |
| <a href="#">Graphic and Digital Design</a>   |   |   | ✓ | ✓ |
| <a href="#">History</a>                      |   | ✓ | ✓ | ✓ |

|                                                 |   |   |   |   |
|-------------------------------------------------|---|---|---|---|
| <a href="#">Indigenous Studies</a>              |   | ✓ |   | ✓ |
| <a href="#">Kinesiology</a>                     |   |   |   | ✓ |
| <a href="#">Latin American Studies</a>          |   |   | ✓ | ✓ |
| <a href="#">Mathematics</a>                     |   | ✓ | ✓ | ✓ |
| <a href="#">Mathematics (Statistics option)</a> |   |   | ✓ | ✓ |
| <a href="#">Media and Communication Studies</a> |   |   | ✓ | ✓ |
| <a href="#">Peace and Conflict Studies</a>      |   | ✓ |   | ✓ |
| <a href="#">Philosophy</a>                      |   | ✓ | ✓ | ✓ |
| <a href="#">Political Science</a>               |   | ✓ | ✓ | ✓ |
| <a href="#">Psychology</a>                      | ✓ | ✓ | ✓ |   |
| <a href="#">Sociology</a>                       |   | ✓ | ✓ | ✓ |
| <a href="#">Sociology/Anthropology</a>          |   | ✓ |   |   |
| <a href="#">Theatre</a>                         |   | ✓ | ✓ | ✓ |

|                             |  |  |   |   |
|-----------------------------|--|--|---|---|
| <a href="#">Visual Arts</a> |  |  | ✓ | ✓ |
|-----------------------------|--|--|---|---|

Important notes

- The number of students wanting to enter any Arts Honours, major, extended minor, or minor program may exceed capacity. Departments reserve the right to select competitively if necessary. The basis for selection is applicant GPA on required lower-level prerequisites; students in the BA will have priority. UFV cannot guarantee available seats in required program courses on demand.
- Arts students completing a major or double extended minor/minor from the above list may also combine either of those programs with any UFV major, extended minor, or minor. This may, however, require students to complete more than 120 credits. Students may not, however, combine the following:
  - o A Geography major with a Physical Geography major or minor
  - o A Mathematics major, extended minor, or minor with a Mathematics (Statistics option) extended minor or minor
  - o A Mathematics major, extended minor, or minor in Arts with a Mathematics major or minor in Science
  - o A Sociology/Anthropology major with extended minors or minors in Sociology or Anthropology
  - o [An English major, Creative Writing concentration with a Creative Writing extended minor or minor.](#)
  - o [Two extended minors/minors in creative practice disciplines: Creative Writing, Graphic Design, Theatre, and Visual Arts. Students interested in combining study in two such areas are encouraged to explore the Bachelor of Fine Arts](#)
  - o ~~A Visual Arts extended minor or minor with extended minors or minors in Art History, Media and Communication Studies, and/or Theatre (students interested in this combination are encouraged to explore the [Bachelor of Fine Arts](#))~~

**Memo for Program Changes**

To: **Alisa Webb, Chair CACC**

From: **Paula Funk, Coordinator, Completion Advising**

Date: **December 21, 2017**

Subject: **Program change to minors and extended minors in:**

- **Art History**
- **Creative Writing**
- **Graphic and Digital Design**
- **Media and Communications Studies**
- **Theatre**
- **Visual Arts**

1. Summary of changes (select all the apply):

- ☐ Program revision that requires new resources
- ☒ **Addition of new program options** or deletion or substitution of a required course
- ☐ Change to the majority of courses in an approved program
- ☐ Change to the duration, philosophy, or direction of a program
- ☐ Addition of a new field of specialization, such as a concentration
- ☐ Change in requirements for admission
- ☐ Change in requirements for residency or continuance
- ☐ Change in admission quotas
- ☐ Change which triggers an external review
- ☐ Deletion of a program not included in the Program Discontinuance policy
- ☐ Other – Please specify:

2. Rationale for change(s): **Based on student interest and request, and following consultation with departments and the Dean's office, the BFA program committee has opted to lift restrictions on declarations of minors and extended minors in the above-mentioned Arts disciplines. Currently, these programs have varying levels of restrictions on declaration within degree programs at UFV. Expanding student options within degrees is a reflexive response to student demand that will make our programs more flexible and functional for students.**

3. If program outcomes are new or substantially changed, explain how they align with the Institutional Learning Outcomes: **Program level learning outcomes will not be changed, either at the degree level or within the declared programs. Students making declarations in these disciplines can be expected to engage in the following institutional learning outcomes:**

- **analyze critically and imaginatively**
- **use knowledge and skills proficiently**
- **initiate inquiries and develop solutions to problems**
- **communicate effectively**

4. What consideration has been given to indigenizing the curriculum? **Indigenous content within the specified programs will be available to a broader range of students.**
5. Will additional resources be required? If so, how will these costs be covered? **N/A**
6. How will students be impacted? (Indicate the projected number of students impacted.) Is the change expected to increase/decrease enrolment in the program? **The change may increase enrollment in these Arts disciplines, as a wider range of students are able to declare these programs.**
7. Does the number of required core or elective credits from the program-specific discipline change? If so, will this change the total number of courses to be offered within the discipline? **N/A**
8. Identify any available resources that will be used to accommodate the program changes. (Eg. seats in existing classes, conversion of sections, timetabling changes, deletion of courses, etc.) **Additional high demand sections of Graphic Design courses are already approved and are being phased into rotation. The need for additional resources is not anticipated for other disciplines.**
9. Is the number of required or elective courses from other disciplines in the program changing? If so, what is the estimated impact to enrolments in these courses? Provide a memo from the respective dean(s) of the impacted faculty to confirm if budgetary implications have been considered and addressed. **N/A**
10. Provide a memo from the program's dean to confirm that budgetary implications of the proposed changes have been considered and will be addressed within the faculty budget.

## ART HISTORY AND VISUAL STUDIES

[ufv.ca/visual-arts](http://ufv.ca/visual-arts)

### Art History extended minor

~~This section specifies the extended minor requirements only. Please refer to the [Bachelor of Arts](#) or [Bachelor of Fine Arts](#) section for information on additional requirements including the requirements for [declaring](#) an extended minor. Please check the Bachelor of Arts [residency](#) section of the calendar for how many upper-level credits must be completed at UFV in order to graduate with this program. The Art History extended minor can be applied to any degree program at UFV. This section specifies the extended minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, and residency requirements.~~ Bachelor of Fine Arts students may pair the Art History extended minor with any other BFA extended minor as listed in the [BFA section of the calendar](#), but not with the Visual Arts major.

#### Lower-level requirements: 18 credits

- Three credits of 100-level AH
- AH 200
- 12 credits of 100- or 200-level AH; three credits may be chosen from ANTH 111, FD 193, ENG 170, FILM 110, FILM 120, FILM 200, FILM 220, LAS 206, MUSC 150, PHIL 250, PHIL 251, PHIL 252, THEA 201, THEA 203/ENGL 233 (formerly THEA 202), THEA 204/ENGL 234, or any lower-level VA course

#### Upper-level requirements: 16 credits

- 16 credits of 300- and 400-level AH

~~[Note: At least 850% of the upper-level credits toward this extended minor must be completed at UFV.](#)~~

### Art History minor

This section specifies the minor requirements only. Please refer to the [Bachelor of Arts](#) or [Bachelor of Fine Arts](#) section for information on additional requirements, including the requirements for [declaring](#) a minor. Please check the Bachelor of Arts [residency](#) section of the calendar for how many upper-level credits must be completed at UFV in order to graduate with this program. Bachelor of Fine Arts students cannot pair the Art History minor with the Visual Arts major.

#### Lower-level requirements: 12 credits

- Three credits of 100-level AH
- AH 200
- Six additional credits of 100- and 200-level AH

#### Upper-level requirements: 16 credits

- 16 credits of 300- and 400-level AH

~~[Note: At least 50% of the upper-level credits toward this minor must be completed at UFV.](#)~~

### Creative Writing extended minor

~~The Creative Writing extended minor may be paired with the Visual Arts major as part of the Bachelor of Fine Arts program, or with any other BFA extended minor as listed in the **BFA section of the calendar**. This section specifies the extended minor requirements only. Please refer to the **Bachelor of Fine Arts** section for information on additional requirements, including requirements for **declaring an extended minor**.~~

The Creative Writing extended minor can be applied to any degree program at UFV. This section specifies the extended minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, and residency requirements.

The Creative Writing extended minor can be combined with another creative practice program only in the Bachelor of Fine Arts degree. Creative practice programs are offered in Creative Writing, Graphic and Digital Design, Theatre, and Visual Arts.

Note: The Creative Writing extended minor cannot be combined with an English major, Creative Writing concentration.

#### Lower-level requirements: 18 credits

- 12 credits of 100- or 200-level creative writing courses (see Note)
- Six credits of 100- or 200-level English other than creative writing courses (see Note)

Note: Lower-level creative writing courses are ENGL 104, 208 (formerly 111), 211, 212, 213, 215, and 298.

#### Upper-level requirements: 16 credits

- Eight credits of upper-level creative writing courses (see Note)
- Four credits of upper-level English other than creative writing courses (see Note)
- Four credits from ENGL 405 or 490

Note 1: Upper-level creative writing courses are ENGL 302, 303, 311, 313, 315, 317, 373, 377, 378, 381, and 405.

Note 2: At least 850% of the upper-level credits toward this extended minor must be completed at UFV.

### Creative Writing minor

~~The Creative Writing minor may be paired with the Visual Arts major as part of the Bachelor of Fine Arts program. This section specifies the minor requirements only. Please refer to the **Bachelor of Fine Arts** section for information on additional requirements.~~

The Creative Writing minor can be applied to any degree program at UFV. This section specifies the minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, upper level residency requirements, and restrictions on combinations of minors.

[Note: The Creative Writing minor cannot be combined with an English major, Creative Writing concentration.](#)

Lower-level requirements: 12 credits

- Nine credits of 100- or 200-level creative writing courses (see Note)
- Three credits of 100- or 200-level ENGL other than creative writing courses (see Note)

Note: Lower-level creative writing courses are ENGL 104, 208 (formerly 111), 211, 212, 213, 215, and 298.

Upper-level requirements: 16 credits

- Eight credits of upper-level creative writing courses (see Note)
- Four credits of upper-level English other than creative writing courses (see Note)
- Four credits from ENGL 405 or 490

Note [1](#): Upper-level creative writing courses are ENGL 302, 303, 311, 313, 315, 317, 373, 377, 378, 381, and 405.

[Note 2: At least 50% of the upper-level credits toward this minor must be completed at UFV.](#)

Course listings

For complete details on courses see the [course descriptions](#) section.

## GRAPHIC AND DIGITAL DESIGN

[ufv.ca/graphic-design](http://ufv.ca/graphic-design)

### Graphic and Digital Design extended minor

The Graphic and Digital Design extended minor ~~can be applied to any degree program at UfV. may be paired with the Visual Arts major as part of the Bachelor of Fine Arts program, or with any other BFA extended minor as listed in the **BFA section of the calendar**. This section specifies the extended minor requirements only.~~ Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, and residency requirements.

The Graphic and Digital Design extended minor can be combined with another creative practice program only in the Bachelor of Fine Arts degree. Creative practice programs are offered in Creative Writing, Graphic and Digital Design, Theatre, and Visual Arts.

Please note that the Graphic and Digital Design minor and extended minor culminate in upper-level courses that require a series of sequential skills obtained over several semesters. Introductory courses are offered in the fall, and students should expect to take sequential courses over the following winter, fall, and winter semesters to complete required coursework. High demand graphic and digital design courses and directed studies (GD 498 and GD 499) are available during the summer semesters.

The Graphic and Digital Design extended minor offers optional streams in Dynamic Media, Interactive Design, Communication Design, or Visual Identity.

1. **Dynamic Media:** GD 203, GD 216, and GD 303  
This stream is image based and introduces motion graphics, video, kinetic typography, and character design for design projects and storytelling.
2. **Interactive Design:** GD 202, GD 204, and GD 358  
This stream focuses on design for digital screens including websites, tablets, and mobile devices. Students are introduced to interface design, development, UX, and content management.
3. **Communication Design:** GD 101, GD 260, and GD 317  
This stream introduces publishing, promotion, information design, and social responsibility. The emphasis is on problem solving and human-centered solutions in print and digital media.
4. **Visual Identity:** GD 101, GD 260, GD 374, and GD 375  
This stream offers a foundation in communication design and introduces the field of brand identity including logo design, packaging design, and sustainability principles.

Upon successful completion of the Graphic and Digital Design extended minor, students will be able to:

- Demonstrate functional competence with principles of visual organization, visual language, typography, and theory as applied to visual communication problems.
- Apply critical thinking skills to visual communication problems.
- Understand and utilize processes, tools, and technology used in graphic design practice.

~~This section specifies the extended minor requirements only. Please refer to the Bachelor of Fine Arts section for information on additional requirements.~~

Lower-level requirements: 18 credits

1. GD 102 or AH 203
2. GD 154, GD 157, and GD 159
3. 6 credits of 100- or 200-level GD courses (MEDA 222 may also be used for this requirement):
  - o For the Dynamic Media stream, choose GD 203 and GD 216.
  - o For the Interactive Design stream, choose GD 202 and GD 204.
  - o For the Communication Design stream, choose GD 101 and GD 260.
  - o For the Visual Identity stream, choose GD 101 and GD 260.

Upper-level requirements: 15 credits

1. GD 361
2. 12 credits of 300- or 400-level GD courses (MEDA 469 and VA 360 may also be used for this requirement):
  - o For the Dynamic Media stream, choose GD 303.
  - o For the Interactive Design stream, choose GD 358.
  - o For the Communication Design stream, choose GD 317.
  - o For the Visual Identity stream, choose GD 374 and GD 375.

Note 1: GD 281, GD 357, GD 498, and GD 499 may also be used to meet the extended minor requirements.

Note 2: At least 750% of the upper-level credits toward this extended minor must be completed at UFV.

Graphic and Digital Design minor

The Graphic and Digital Design minor can be applied to any degree program at UFV. This section specifies the minor requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, and residency requirements.

~~The Graphic and Digital Design minor may be paired with the Visual Arts major as part of the Bachelor of Fine Arts program. This section specifies the minor requirements only. Please refer to the Bachelor of Fine Arts section for information on additional requirements.~~

Note: The Graphic and Digital Design minor and extended minor culminate in upper-level courses that require a series of sequential skills obtained over several semesters. Introductory courses are offered in the fall, and students should expect to take sequential courses over the following winter, fall, and winter

semesters to complete required coursework. Only GD 498 and GD 499 are offered in the summer semesters.

Lower-level requirements: 12 credits

- GD 102 or AH 203
- Six credits of 100- or 200-level GD courses
- Three credits chosen from any 100- or 200-level GD courses or VA 113, VA 115, VA 117, VA 180, CIS 100, CIS 104, CIS 115, CIS 141, CIS 145, CIS 146, CIS 160, CIS 162, or CIS 165

Upper-level requirements: 15 credits

- 15 credits of 300- or 400-level GD courses and VA 360

Note: At least 750% of the upper--level credits toward this extended minor must be completed at UFV.

Course listings

For complete details on courses see the [course descriptions](#) section.

## MEDIA AND COMMUNICATION STUDIES

[ufv.ca/scms](http://ufv.ca/scms)

### Media and Communication Studies extended minor

The MACS extended minor can be applied to any degree program, and is an appropriate complement to several majors offered at UFV. For example, students can combine it with the Sociology or Sociology/Anthropology majors offered by Social, Cultural, and Media Studies, or with an English or Visual Arts major.

This section specifies the extended minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, and residency requirements. ~~This section specifies the extended minor discipline requirements only. Please refer to the Bachelor of Arts or Bachelor of Fine Arts section for information on additional requirements. Please check the Bachelor of Arts residency section of the calendar for how many upper level credits must be completed at UFV in order to graduate with this program.~~

Lower-level requirements: 18 credits

| Course                                                                                                   | Title                                        | Credits |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------|---------|
| MACS 110                                                                                                 | Introduction to Communication Theory         | 3       |
| MACS 130                                                                                                 | Mass Communication in Canada                 | 3       |
| MACS 255                                                                                                 | Introduction to Social Research (see Note 2) | 3       |
| <b>Plus:</b>                                                                                             |                                              |         |
| A minimum of six additional credits chosen from any 100- or 200-level MACS course.                       |                                              | 6       |
| Three additional credits chosen from any 100- or 200-level MACS course, CMNS 180, ENGL 208, or FILM 110. |                                              | 3       |

Upper-level requirements: 15 credits

| Course                                                                                                                                                                                                                                                                        | Title | Credits |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|
| A minimum of 8 credits chosen from any 300- or 400-level MACS course                                                                                                                                                                                                          |       | 8       |
| Seven or eight additional credits from any 300- or 400-level MACS course, or from the following options: ANTH 401, AH 316, CMNS 300/ JRNL 300, CMNS 301/ JRNL 301, CMNS 312, CMNS 360, CMNS 412, CRIM 416, ENGL 378, FILM 310, FILM 365/ JRNL 365/ VA 365, PHIL 323, SOC 335. |       | 7-8     |

Note 1: Students combining a Sociology or Sociology/Anthropology major with a MACS extended minor may count MACS courses towards either the major or the extended minor, but not both. Students pursuing this combination should consult with an Advisor for appropriate course selection.

Note 2: Students counting MACS 255 for their major may substitute for this requirement a minimum of three credits from any of the other lower-level courses accepted towards the MACS extended minor.

Note 3: At least 750% of the upper-level credits toward this extended minor must be completed at UFV.

Media and Communication Studies minor

The Media and Communication Studies minor can be applied to any degree program at UFV. This section specifies the minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, upper level residency requirements, and restrictions on combinations of minors. This section specifies the minor discipline requirements only. Please refer to the **Bachelor of Arts** or **Bachelor of Fine Arts** section for information on additional requirements. Please check the Bachelor of Arts **residency** section of the calendar for how many upper-level credits must be completed at UFV in order to graduate with this program.

Lower-level requirements: 12 credits

| Course      | Title                                | Credits |
|-------------|--------------------------------------|---------|
| MACS 110    | Introduction to Communication Theory | 3       |
| or MACS 130 | Mass Communication in Canada         |         |
| Plus:       |                                      |         |

|                                                                                                          |   |
|----------------------------------------------------------------------------------------------------------|---|
| A minimum of six additional credits from any 100- or 200-level MACS course.                              | 6 |
| Three additional credits chosen from any 100- or 200-level MACS course, CMNS 180, ENGL 208, or FILM 110. | 3 |

Upper-level requirements: 15 credits

| Course                                                                                                                                                                                                                                                                        | Title | Credits |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|
| A minimum of eight credits chosen from any 300- or 400-level MACS course.                                                                                                                                                                                                     |       | 8       |
| Seven or eight additional credits from any 300- or 400-level MACS course, or from the following options: ANTH 401, AH 316, CMNS 300/ JRNL 300, CMNS 301/ JRNL 301, CMNS 312, CMNS 360, CMNS 412, CRIM 416, ENGL 378, FILM 310, FILM 365/ JRNL 365/ VA 365, PHIL 323, SOC 335. |       | 7-8     |

Note: Students combining a Sociology or Sociology/Anthropology major with a MACS minor may count MACS courses towards either the major or the minor, but not both. Students pursuing this combination should consult with an Advisor for appropriate course selection.

Note 2: At least 750% of the upper-level credits toward this minor must be completed at UFV.

Course listings

For complete details on courses see the [course descriptions](#) section.

## THEATRE

[ufv.ca/theatre](http://ufv.ca/theatre)

### Theatre extended minor

~~This section specifies the extended minor discipline requirements only. Please refer to the **Bachelor of Arts** or **Bachelor of Fine Arts** section for information on additional requirements. Please check the Bachelor of Arts **residency** section of the calendar for how many upper level credits must be completed at UFV in order to graduate with this program. The Theatre extended minor can be applied to any degree program at UFV. This section specifies the extended minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, and residency requirements.~~ Program learning outcomes are available on the Theatre department website, [ufv.ca/theatre](http://ufv.ca/theatre).

~~The Theatre extended minor can be combined with another creative practice program only in the Bachelor of Fine Arts degree. Creative practice programs are offered in Creative Writing, Graphic and Digital Design, Theatre, and Visual Arts.~~

Lower-level requirements: 15 credits

| Course               | Title                                           | Credits |
|----------------------|-------------------------------------------------|---------|
| THEA 101             | Introduction to Theatre and Performance Studies | 3       |
| THEA 112             | Acting I: Essentials of Acting                  | 3       |
| THEA 121             | Stagecraft I                                    | 3       |
| THEA 203/ENGL 233    | History of Theatre and Drama: Antiquity to 1642 | 3       |
| or THEA 204/ENGL 234 | History of Theatre and Drama: 1642 to 1914      |         |
| One course           | Any lower-level Theatre course                  | 3       |

Note 1: Students can use only three credits from THEA 299 to fulfill the lower-level requirements for the Theatre extended minor. Students may use a maximum of six additional practicum credits drawn from THEA 290 or 295 toward elective credits in any UFV degree program, including the BA or BFA.

Note 2: Students are advised to select lower-level theatre courses that are prerequisites for the upper-level theatre courses that are of interest to them. See the course description section of the calendar for more information.

Upper-level requirements: 20 credits

| Course                                             | Title                                             | Credits |
|----------------------------------------------------|---------------------------------------------------|---------|
| <b>Upper-level performance studies (4 credits)</b> |                                                   |         |
| <b>One of:</b>                                     |                                                   | 4       |
| THEA 301                                           | History of Theatre and Drama: 1914 to the Present |         |
| THEA 305                                           | Theatre for Young Audiences                       |         |
| THEA 306                                           | History of Musical Theatre                        |         |
| THEA 307                                           | World Theatre                                     |         |
| THEA 360                                           | Selected Topics in Theatre Studies                |         |
| <b>Upper-level creative practice (4 credits)</b>   |                                                   |         |
| <b>One of:</b>                                     |                                                   | 4       |
| THEA 311                                           | Digital Performance                               |         |
| THEA 312                                           | Character and Scene Study II                      |         |

|                                                   |                                          |    |
|---------------------------------------------------|------------------------------------------|----|
| THEA 315                                          | Voice and Body II                        |    |
| THEA 316                                          | Special Topics in Acting and Performance |    |
| THEA 352                                          | Devised Theatre I                        |    |
| THEA 370                                          | Design for the Theatre                   |    |
| THEA 399                                          | Intermediate Practicum in Theatre        |    |
| THEA 351                                          | Directing I (formerly THEA 450)          |    |
| <b>Upper-level Theatre electives (12 credits)</b> |                                          |    |
| Three courses                                     | Any 300-400 Theatre courses              | 12 |

Note 1: Students should note that most 300- and 400-level theatre courses are offered every other year. Please contact the Theatre department at [theatre@ufv.ca](mailto:theatre@ufv.ca) for information on which courses are being offered.

Note 2: At least 40-50% of the upper-level credits toward this extended minor must be completed at UFV.

#### Theatre minor

~~This section specifies the minor discipline requirements only. Please refer to the **Bachelor of Arts** or **Bachelor of Fine Arts** section for information on additional requirements. Please check the Bachelor of Arts **residency** section of the calendar for how many upper-level credits must be completed at UFV in order to graduate with this program.~~ The Theatre minor can be applied to any degree program at UFV. This section specifies the minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, upper level residency requirements, and restrictions on combinations of minors. Program learning outcomes are available on the Theatre department website, [ufv.ca/theatre](http://ufv.ca/theatre).

Lower-level requirements: 12 credits

| Course        | Title                                           | Credits |
|---------------|-------------------------------------------------|---------|
| THEA 101      | Introduction to Theatre and Performance Studies | 3       |
| Three courses | Any lower-level Theatre courses                 | 9       |

Note: Students are advised to select lower-level theatre courses that are prerequisites for the upper-level theatre courses that are of interest to them. See the course descriptions section of the calendar for more information.

Upper-level requirements: 16 credits

| Course                                             | Title                                             | Credits |
|----------------------------------------------------|---------------------------------------------------|---------|
| <b>Upper-level performance studies (4 credits)</b> |                                                   |         |
| <b>One of:</b>                                     |                                                   | 4       |
| THEA 301                                           | History of Theatre and Drama: 1914 to the Present |         |
| THEA 305                                           | Theatre for Young Audiences                       |         |
| THEA 306                                           | History of Musical Theatre                        |         |
| THEA 307                                           | World Theatre                                     |         |
| THEA 360                                           | Selected Topics in Theatre Studies                |         |
| <b>Upper-level creative practice (4 credits)</b>   |                                                   |         |

|                                                  |                                          |   |
|--------------------------------------------------|------------------------------------------|---|
| <b>One of:</b>                                   |                                          | 4 |
| THEA 311                                         | Digital Performance                      |   |
| THEA 312                                         | Character and Scene Study II             |   |
| THEA 315                                         | Voice and Body II                        |   |
| THEA 316                                         | Special Topics in Acting and Performance |   |
| THEA 352                                         | Devised Theatre I                        |   |
| THEA 370                                         | Design for the Theatre                   |   |
| THEA 399                                         | Intermediate Practicum in Theatre        |   |
| THEA 351                                         | Directing I (formerly THEA 450)          |   |
| <b>Upper-level Theatre electives (8 credits)</b> |                                          |   |
| Two courses                                      | Any 300-400 Theatre courses              | 8 |

**Note 1:** Students should note that most 300- and 400-level theatre courses are offered every other year. Please contact the Theatre department at [theatre@ufv.ca](mailto:theatre@ufv.ca) for information on which courses are being offered.

**Note 2:** At least 50% of the upper-level credits toward this extended minor must be completed at UFV.

Course listings

For complete details on courses see [course descriptions](#) section.

## VISUAL ARTS

[ufv.ca/visual-arts](http://ufv.ca/visual-arts)

### Visual Arts extended minor

~~This section specifies the Visual Arts extended minor requirements only. Please refer to the **Bachelor of Arts** or **Bachelor of Fine Arts** section for information on additional requirements. Please check the Bachelor of Arts **residency** section of the calendar for how many upper-level credits must be completed at UFV in order to graduate with this program.~~

~~The Visual Arts extended minor can be applied to any degree program at UFV. This section specifies the extended minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, and residency requirements.~~

~~The Visual Arts extended minor can be combined with another creative practice program only in the Bachelor of Fine Arts degree. Creative practice programs are offered in Creative Writing, Graphic and Digital Design, Theatre, and Visual Arts.~~

### Lower-level requirements: 21 credits

- Six credits of 100- or 200-level AH courses (see Note 2)
- Six credits chosen from VA (221 or 223), 231, 251, 271, or 283
- Six credits chosen from VA (222 or 224), 232, 252, 272, or (180 or 284)
- Any 100-level VA course, or IPK 277

Note 1: In order to be eligible to take the required upper-level courses, students must ensure they complete the appropriate lower-level prerequisites.

Note 2: Students completing a double extended minor in Visual Arts and Art History will be permitted to substitute lower-level FILM or MACS course for lower-level AH, if necessary to complete program requirements without duplications.

### Upper-level requirements: 16 credits

- Four credits of 300- or 400-level Art History
- Six credits chosen from VA 321, 331, 351, 371, or 383
- Six credits chosen from VA 322, 332, 352, 372, or 384

~~Note: At least 50% of the upper-level credits toward this extended minor must be completed at UFV.~~

### Visual Arts minor

~~This section specifies the Visual Arts minor requirements only. Please refer to the **Bachelor of Arts** or **Bachelor of Fine Arts** section for information on additional requirements. Please check the~~

~~Bachelor of Arts residency section of the calendar for how many upper-level credits must be completed at UFV in order to graduate with this program.~~

~~The Visual Arts minor can be applied to any degree program at UFV. This section specifies the minor discipline requirements only. Please refer to the requirements of your specific degree for information on additional requirements, declaration eligibility, upper level residency requirements, and restrictions on combinations of minors.~~

Lower-level requirements: 12 credits

12 lower-level credits in Visual Arts, Film, and Art History, including:

- One Art History course
- One Visual Arts course

Upper-level requirements: 15 credits

15 credits in Visual Arts and Art History, including:

- One Art History course, 300-level or above
- One Visual Arts course, 300-level or above

Note 1: In order to be eligible to take the required upper-level courses, students must ensure they complete the appropriate lower-level prerequisites.

Note 2: ~~See official course outlines for prerequisites for Directed Study courses. At least 850% of the upper-level credits toward this minor must be completed at UFV.~~

Course listings

For complete details on courses see the [course descriptions](#) section.

**Memo for Program Changes**

To: UEC

From: (Department head or Chair of Program Working Group)

Date: 9 February 2018

**Subject: Program change Bachelor of General Studies**

1. Summary of changes (select all the apply):

- ☐ Program revision that requires new resources
- ☐ Addition of new course options or deletion or substitution of a required course
- ☐ Change to the majority of courses in an approved program
- ☐ Change to the duration, philosophy, or direction of a program
- ☐ Addition of a new field of specialization, such as a concentration
- ☐ Change in requirements for admission
- ☐ Change in requirements for residency or continuance
- ☐ Change in admission quotas
- ☐ Change which triggers an external review
- ☐ Deletion of a program not included in the Program Discontinuance policy
- ☒ Other – Please specify: Addition of extended minor option within the Bachelor of General Studies

2. Rationale for change(s):

Currently, students in the BGS are already allowed to take one or more minors, and many students are already also finishing having completed the requirements for an extended minor. They do so not only out of interest but, more significantly, for purposes of graduating with a 'teachable subject' for when they go into an Education program. We are requesting the addition of the extended minors option to the BGS to allow students to be recognized accordingly.

3. If program outcomes are new or substantially changed, explain how they align with the Institutional Learning Outcomes:

Not applicable

4. What consideration has been given to indigenizing the curriculum?

No change to curriculum, nor control over curriculum, is involved.

5. Will additional resources be required? If so, how will these costs be covered?

No additional resources are required.

6. How will students be impacted? (Indicate the projected number of students impacted.) Is the change expected to increase/decrease enrolment in the program?

The only students (positively) impacted are those who would declare an extended minor (e.g. Psychology or Visual Arts) who are currently unable to do so now. However, we do not anticipate a change in BGS numbers overall.

7. Does the number of required core or elective credits from the program-specific discipline change? If so, will this change the total number of courses to be offered within the discipline?

No

8. Identify any available resources that will be used to accommodate the program changes. (Eg. seats in existing classes, conversion of sections, timetabling changes, deletion of courses, etc.)

None

9. Is the number of required or elective courses from other disciplines in the program changing? If so, what is the estimated impact to enrolments in these courses? Provide a memo from the respective dean(s) of the impacted faculty to confirm if budgetary implications have been considered and addressed.

No

10. Provide a memo from the program's dean to confirm that budgetary implications of the proposed changes have been considered and will be addressed within the faculty budget.

**Proposed Calendar Change: Bachelor of General Studies (excerpt)****Minors and Extended Minors**

Students select electives to complete one or more minors or extended minors. Refer to the appropriate calendar details for minor or extended minor requirements. ~~Of the 120-credit minimum, at least 45 must be 300 or 400 level, which allows for completion of up to three minors.~~ Typically, minors require at least 15 upper-level credits taken within a single discipline and extended minors require at least 18 upper-level credits (unless otherwise specified in the academic calendar).

A student may not complete both a minor and an extended minor in the same program.

Note: For students completing a Thematic Option, - only 8 credits of a minor or extended minor can be used toward the Thematic Option.

Students can choose from any existing minors in Arts, Science, or Professional Studies.

**Memo for Program Changes**

**To:** Faculty of Professional Studies Curriculum Committee

**From:** Dr. Kenneth Gariepy  
Department Head, Library & Information Technology

**Date:** January 5, 2018

**Subject:** Program change (insert program title)

1. Summary of changes (select all the apply):

- ☐ Program revision that requires new resources
- ☐ Addition of new course options or deletion or substitution of a required course
- ☐ Change to the majority of courses in an approved program
- ☐ Change to the duration, philosophy, or direction of a program
- ☐ Addition of a new field of specialization, such as a concentration
- ☒ Change in requirements for admission
- ☒ Change in requirements for residency or continuance
- ☐ Change in admission quotas
- ☐ Change which triggers an external review
- ☐ Deletion of a program not included in the Program Discontinuance policy
- ☐ Other – Please specify:

2. Rationale for change(s):

LibIT proposes the following major changes to admission requirements and undergraduate continuance in the two-year Dip. Lib. Tech. program.

***Admission Requirements***

1. **Previous postsecondary credits and high school transcripts.** Currently, applicants with previous postsecondary credits may be admitted to the Program, but they must also submit proof of BC high school completion or equivalent. To make it faster and easier for applicants with postsecondary credits to be admitted to the Program, drawing on the example of the entrance requirements for Studying for General Interest, we propose a separate admission pathway for students who have a minimum of nine UFV or transferable credits. We also propose to eliminate the requirement that such applicants also submit proof of BC high school completion or equivalent.
2. **Minimum CGPA for previous postsecondary credits.** Currently, applicants with postsecondary credits may be admitted with a CGPA less than 2.0. To help ensure that applicants admitted by the new pathway are successful in the program, which requires a minimum semester GPA and CGPA of 2.0 for academic continuance, we propose that such applicants have a minimum CGPA of 2.0. This is consistent with the requirements for Studying for General Interest and the Undergraduate Continuance Policy. As outlined below, the proposed changes also necessitate changes to the documents required for admission.

| <u>Current Admission Requirements</u>                                                                                                                                                                                                                                                                                                                                                                      | <u>Proposed Requirements</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>1. B.C. secondary school graduation or equivalent. (If applying as a "mature student" 19 years or older without high school graduation, attach a 250-500 word letter describing your interest, qualifications, and/or experience.)</div> <div>2. Meet the prerequisites for <u>ENGL 105</u>.</div> <div>Applicants who do not meet these requirements might consider <u>Qualifying Studies</u>.</div> | <div>1. All applicants must meet one of the following:<div><div>a. B.C. High school graduation or equivalent;</div><div>b. Completion of a minimum of nine UFV or transferrable post-secondary credits with a minimum 2.0 CGPA (C average) based on all credits attempted; or</div><div>c. If neither A or B apply, applicants who are a minimum of 19 years of age by the start of the first class must submit a 250-500 word letter of intent describing their interest, qualifications, and/or experience in library and information technology work.</div></div></div> <div>AND</div> <div>2. All applicants must meet the prerequisites for ENGL 105 and CMNS 125. Acceptable prerequisites are listed under <u>Degree/diploma level English language proficiency standards</u>.</div> <div>Applicants who do not meet these requirements might consider Qualifying Studies.</div> |

| <u>Current Requirements</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <u>Proposed Requirements</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Additional documents required for a complete application:</b></p> <ul style="list-style-type: none"><li>• Proof of B.C. secondary school graduation or equivalent.</li><li>• Transcript(s) showing grade/course achievement as per entrance requirements.</li><li>• If applying to enter the program as a mature student (19 years or older) without B.C. secondary school graduation or equivalent, attach a 250-500 word letter describing your interest, experience, and any previously completed qualifications in library and/or information technology (e.g., rural library program, foreign credentials, etc.).</li><li>• Applicants who have completed post-secondary courses at other recognized institutions must submit official transcripts from those institutions. To be considered official, transcripts must be sent directly to UFV from the originating institution; see the <a href="#">Transfer Credit</a> section for details.</li><li>• Evidence that applicant meets the prerequisites for <a href="#">ENGL 105</a> (e.g., CPT score or detailed information about how equivalency was achieved).</li></ul> | <p><b>Documents required for a complete application:</b></p> <ol style="list-style-type: none"><li>1. Either proof of B.C. secondary school graduation or equivalent or proof of completion of a minimum of nine UFV or transferrable post-secondary credits with a minimum 2.0 GPA (C average) based on all credits attempted</li></ol> <p><b><u>Note:</u></b> Applicants who have completed post-secondary courses at other recognized institutions must submit official transcripts from those institutions. To be considered official, transcripts must be sent directly to UFV from the originating institution. See the Transfer Credit section for details.</p> <p><b>OR</b></p> <ul style="list-style-type: none"><li>• If applying as a mature student (19 years or older) without B.C. secondary school graduation or equivalent or previous post-secondary credits as above, attach a 250-500 word letter describing your interest, qualifications, and/or experience in library and/or information technology work.</li></ul> <p><b>AND</b></p> <ol style="list-style-type: none"><li>2. Evidence that applicant meets the prerequisites for ENGL 105 and CMNS 125 (e.g., CPT score).</li></ol> |

***Undergraduate Continuance***

1. **Semester GPA.** Currently, students whose semester GPA falls below 2.0 in more than two non-consecutive semesters are not subject to the possible requirement to withdraw from the Program. Because some students do not register in the Summer semester, the requirement cannot be applied fairly and consistently to all students enrolled in the Program. To address this issue, we propose to remove the word “consecutive” from the program-level continuance requirement.

| <b>Current Program-level Continuance Requirements</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Proposed Program-level Continuance Requirements</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| To continue in the Library and Information Technology Diploma program, students must also maintain a minimum semester GPA of 2.00 (a C grade) in addition to a CGPA of 2.00. Students whose cumulative and/or semester GPA falls below 2.00 during their program are subject to departmental warning. Students whose cumulative and/or semester GPA falls below 2.00 for more than two consecutive semesters may be required to withdraw from the program. Students must have a minimum CGPA of 2.00 to receive the diploma. | To continue in the Library and Information Technology Diploma program, students must also maintain a minimum semester GPA of 2.00 (a C grade) in addition to a CGPA of 2.00. Students whose cumulative and/or semester GPA falls below 2.00 during their program are subject to departmental warning. Students whose cumulative and/or semester GPA falls below 2.00 for more than two semesters may be required to withdraw from the program. Students must have a minimum CGPA of 2.00 to receive the diploma. |

3. ~~If program outcomes are new or substantially changed, explain how they align with the Institutional Learning Outcomes:~~
4. ~~What consideration has been given to indigenizing the curriculum?~~
5. ~~Will additional resources be required? If so, how will these costs be covered?~~
6. ~~How will students be impacted? (Indicate the projected number of students impacted.) Is the change expected to increase/decrease enrolment in the program?~~
7. ~~Does the number of required core or elective credits from the program-specific discipline change? If so, will this change the total number of courses to be offered within the discipline?~~
8. ~~Identify any available resources that will be used to accommodate the program changes. (Eg. seats in existing classes, conversion of sections, timetabling changes, deletion of courses, etc.)~~
9. ~~Is the number of required or elective courses from other disciplines in the program changing? If so, what is the estimated impact to enrolments in these courses? Provide a memo from the respective dean(s) of the impacted faculty to confirm if budgetary implications have been considered and addressed.~~
10. ~~Provide a memo from the program's dean to confirm that budgetary implications of the proposed changes have been considered and will be addressed within the faculty budget.~~

**Memo for Course Changes – 100 Level Course Reviews**

To: UEC

From: Amber Johnston – Chair, Kinesiology Curriculum Committee

Date: May 1, 2017

**Subject: Proposal for revision of 100-Level Course Reviews (see table below for details)**

1. Summary of changes (select all that apply):
  - ☒ **Six-year review**
  - ☒ **Number and/or course code – all courses have a prefix change from KPE to KIN**
  - ☒ **Credits and/or total hours**
  - ☒ **Title**
  - ☒ **Calendar description**
  - ☐ Prerequisites and/or co-requisites
  - ☒ **Frequency of course offering**
  - ☒ **Learning outcomes**
  - ☒ **Delivery methods and/or texts and resource materials**
  - ☒ **PLAR options, grading system, and/or evaluation methods**
  - ☐ Discontinuation of course
  - ☒ **Other – Please specify:** organization of content
2. Rationale for change: complete course revisions of all Kinesiology courses
3. If there are substantial changes to the learning outcomes, explain how they align with the learning outcomes of the program(s): **any learning outcomes updated to reflect ILO's and strategic outcomes of the institution. Also learning outcomes were updated to reflect current language requested by UEC.**
4. Is this course required by any program beyond the discipline? If so, how will this change affect that program or programs? **N/A**
5. Which program areas have been consulted about the change(s)? **N/A**
6. What consideration has been given to indigenizing the curriculum?
 

**Indigenization will occur in the following ways**

  - Ensuring that all students see themselves and their realities reflected in the material;
  - Through the legitimization of different ways of learning, teaching, and knowing;
  - Establishing rapport between students and with instructors;
  - Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;
  - Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.

7. If this course is not eligible for PLAR, explain why: **N/A**
8. If any of the following items on the official course outline have changed, explain how the change will affect the budget for your area or any other area: **N/A**
  - a. Credit value
  - b. Class size limit
  - c. Frequency of offering
  - d. Resources required (labs, equipment)
9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **N/A**
10. Estimate of the typical costs for this course, including textbooks and other materials:  
**Textbook cost ranges between 100-250\$**

**Table 1. Specific Revisions to each course**

| <b>Course Code and Title</b>                                              | <b>Revisions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>KIN 103 – Concepts of Physical Fitness<br/>*formerly Active Health</b> | <ul style="list-style-type: none"> <li>• Title change: Concepts of Physical Fitness</li> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Hours changed to reflect 45-3 credits</li> <li>• Learning outcomes updated</li> <li>• Textbook and content updated</li> </ul>                                                                                                                                                                               |
| <b>KIN 160 – Contemporary Health Issues</b>                               | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• minor edit to calendar description</li> <li>• hours to reflect 3 credits – 45 hours</li> <li>• clean up and update for learning outcomes</li> <li>• minor edit to instructional methods</li> <li>• grade scale removed</li> <li>• content updated</li> </ul>                                                                                                      |
| <b>KIN 161 – Introduction to Kinesiology</b>                              | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• update to calendar description</li> <li>• update with instructional hours breakdown</li> <li>• course offerings – changed from once to five times annually</li> <li>• clean up and update for learning outcomes</li> <li>• update to text/course pack readings</li> <li>• grade scale removed</li> <li>• content updated</li> <li>• evaluation updated</li> </ul> |

|                                                   |                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>KIN 163 – Biodynamics of Physical Activity</b> | <ul style="list-style-type: none"><li>• prefix change KPE to KIN</li><li>• program change to Kinesiology</li><li>• Title change – Introductory Exercise Physiology</li><li>• Learning outcomes cleaned up and updated</li></ul>                                                                             |
| <b>KIN 170 – Basic Human Anatomy</b>              | <ul style="list-style-type: none"><li>• Prefix change KPE to KIN</li><li>• Program change to Kinesiology</li><li>• Minor hour edit</li><li>• Learning outcomes cleaned up and updated</li><li>• Instructional methods updated</li><li>• Textbook updated</li><li>• Evaluation and content updated</li></ul> |



ORIGINAL COURSE IMPLEMENTATION DATE: September 1992  
 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 103                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Concepts of Physical Fitness                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Introduces students to the concepts of fitness development and active lifestyles. Components of fitness and basic training principles are introduced to help students understand how to improve physical fitness and overall health.<br><br>Note: Students with credit for KPE 103 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 103</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 103</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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;">30</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 style="text-align: center;">7</td></tr> <tr><td>Experiential (practicum, internship, etc.)</td><td></td></tr> <tr><td>Online learning activities: student directed learning</td><td style="text-align: center;">8</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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 30 | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours | 7 | Experiential (practicum, internship, etc.) |  | Online learning activities: student directed learning | 8 | Other contact hours |  | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 7         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities: student directed learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 8         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> twice per year                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |  |                        |   |                                            |  |                                                       |   |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 103**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Assess personal fitness and use this knowledge to establish personal fitness goals for themselves and others;
2. Explain the basic components of fitness and their relationship to health;
3. Apply the principles of exercise training in terms of exercise, assessment, prescription, and program implementation;
4. Describe the general scientific foundations of physical activity and fitness;
5. Explain the importance of nutrition, body composition and weight management in fitness and wellness;

**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)**

Lecture, demonstration, small group practice, discussion, audio-visual presentation, use of models and charts.

**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. Fahey, Insel, Roth, Wong | Fit & Well                           | <input checked="" type="checkbox"/> | McGraw-Hill | 2016 |
| 2.                          |                                      | <input type="checkbox"/>            |             |      |
| 3.                          |                                      | <input type="checkbox"/>            |             |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                |     |              |     |                   |     |            |      |
|----------------|-----|--------------|-----|-------------------|-----|------------|------|
| Final exam:    | 30% | Assignments: | 40% | Midterm exam:     | 25% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | %   | Field experience: | %   | Shop work: | %    |
| Participation: | 5%  | Other:       | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):** Assignments: presentation/paper 10%; individual program design 15%; fitness & lifestyle journal/log 15%

**Typical Course Content and Topics**

1. Introduction, Defining Wellness
2. Components of Physical Fitness
3. Motivation and Goal Setting
4. Training Principles
5. Cardiovascular Fitness and energy system development
6. Flexibility and Posture
7. Body Composition
8. Weight Management
9. Sports Injuries and Risk Management
10. Resistance Training



ORIGINAL COURSE IMPLEMENTATION DATE: January 1994  
 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 160                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Contemporary Health Issues                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Introduces students to issues such as physical fitness, stress management, nutrition, weight management, illness and disease, substance abuse, and personal safety. Students will be prepared to make informed decisions that affect their own personal well-being and that of others.<br><br>Note: Students with credit for KPE 160 cannot take this course for further credit.                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 160</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 160</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| 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>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> four times annually                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 160**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Explain knowledge and awareness of current and contemporary health issues.
2. Critically examine concepts that affect the health of society and its individual members.
3. Describe the importance of one's personal responsibility for their own health and preventative methods for addressing health issues.

**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)**

Lecture, discussions and class presentations, online instruction, critical analysis

**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.                         |                                      |                          |                                             |      |
| 2.                         | Donatelle and Kolen-Thompson         | Health: The Basics       | <input checked="" type="checkbox"/> Pearson | 2015 |
| 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 (essay): | 20% | Midterm exam:     | 35% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:            | %   | Field experience: | %   | Shop work: | %    |
| Presentation:  | 10% | Other:               | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. Concepts of health; personal health assessment
2. Illness and disease I: infectious and sexually transmitted disease
3. Illness and disease II: cardiovascular disease
4. Illness and disease III: cancer and other chronic disease
5. Critical reasoning and health; health consumerism
6. Nutrition: macromolecules, food groups, and metabolism
7. Energy balance and weight management
8. Physical fitness
9. Mental health
10. Stress management
11. Drug use and abuse I: alcohol and OTC drugs
12. Drug use and abuse II: recreational drugs and addiction



ORIGINAL COURSE IMPLEMENTATION DATE: September 1993  
 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 161                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Introduction to Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br><br>An overview of the field of kinesiology, with an emphasis on career possibilities in kinesiology and on historical and philosophical perspectives on the field.<br><br>Note: Students with credit for KPE 161 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 161</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 161</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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;">30</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 style="text-align: center;">10</td></tr> <tr><td>Online learning activities</td><td></td></tr> <tr><td>Other contact hours: Panel discussion / guest presenters</td><td style="text-align: center;">5</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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 30 | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours |  | Experiential (practicum, internship, etc.) | 10 | Online learning activities |  | Other contact hours: Panel discussion / guest presenters | 5 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours: Panel discussion / guest presenters                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 5         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> every semester                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |  |                        |  |                                            |    |                            |  |                                                          |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 161**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Describe the interdisciplinary nature of the field
2. Distinguish between a discipline and a profession and relate these concepts to the field of human movement
3. Provide an historical description of the field's development, with particular emphasis on the development in Canada
4. Articulate a personal philosophical framework
5. Distinguish between varying subdisciplinary knowledge bases in the field of human movement
6. Identify the various career paths that exists for graduates of the field
7. Defend a position regarding a current controversial issue in the field

**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)**

Lecture, demonstration, small group practice, discussion, audiovisual presentation, use of models and charts.

**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.                         | Online assigned reading list         | <input 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:       | 25% | Assignments: Career observation | 15% | Midterm exam:     | 20% | Practicum: | %    |
| Quizzes/tests:    | %   | Lab work:                       | %   | Field experience: | %   | Shop work: | %    |
| Journal critique: | 20% | Debate:                         | 15% | Participation:    | 5%  | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. Introduction to KIN Research
2. Crafting the Critique
3. Historical Foundations
  - a. Early influences
  - b. Sport in Canada
4. Philosophical Frameworks
5. Subdisciplines
6. Careers in Kinesiology
7. Current and Future Directions
  - a. Debates



**ORIGINAL COURSE IMPLEMENTATION DATE:** Spring 1992  
**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 163                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Introduction to Exercise Physiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Intro to Exercise Physiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Students acquire applied knowledge of the physiological, anatomical, and mechanical aspects of human movement as they relate to health and performance.<br><br>Note: Students with credit for KPE 163 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 163</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 163</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br><br>Transfer credit requested (OReg to submit to BCCAT):<br><input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 75</b><br><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: right;">45</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">30</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: right;"><b>75</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 45 | Seminars/tutorials/workshops |  | Laboratory hours | 30 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>75</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 45        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>75</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> three times annually                                                                                                                                                                                                                                                                                                                                      |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 163**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 3**
**Learning Outcomes**

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

1. Describe and define the role of exercise physiology as a basis for understanding and improving human athletic performance and health.
2. Explain the acute responses of athletic activity with respect to structure, function, human movement, energy production, and organ systems.
3. Describe the chronic adaptations to the physiological, anatomical, and mechanical aspects of human movement that result from exercise and physical activity.
4. Explain how acute responses and chronic adaptations relate to improvements in health and athletic performance.
5. Determine fitness levels in a practical setting.

**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)**

Lecture, Demonstration, Small group practice, Discussion, Audiovisual presentation, Use of models and charts.

**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. Kraemer, Fleck, and Deschenes | Exercise Physiology (2 <sup>nd</sup> ed.) | <input checked="" type="checkbox"/> | Wolters Kluwer | 2016 |
| 2.                               | KIN 163 Laboratory Manual                 | <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:    | 20% | Assignments:          | %   | Midterm exam:     | 30% | Practicum: | %    |
| Quizzes/tests: | 10% | Lab work: Lab reports | 40% | Field experience: | %   | Shop work: | %    |
| Other:         | %   | Other:                | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. Introduction
  - 1.1. Scientific method
  - 1.2. Origins of knowledge
  - 1.3. Application of research to health and performance
2. Skeletal muscle function
  - 2.1. Basic structure and cellular function of muscle
  - 2.2. Interaction of microfilaments
  - 2.3. Muscle fibre types
  - 2.4. Sliding filament theory
  - 2.5. Proprioception
3. Bioenergetics and ATP production
  - 3.1. Anaerobic metabolism
    - 3.1.1. Alactic energy sources
    - 3.1.2. Glycolysis and lactic energy sources
    - 3.1.3. Aerobic respiration and oxidative phosphorylation
    - 3.1.4. Interaction of energy systems
    - 3.1.5. Adaptation of energy systems to exercise training

4. Control systems
  - 4.1. Endocrine system
    - 4.1.1. Major endocrine glands and hormone functions
    - 4.1.2. Responses of hormones to exercise
  - 4.2. Nervous system
    - 4.2.1. Basic structure and function of the nervous system
    - 4.2.2. Divisions of the nervous system
    - 4.2.3. Nervous control of human movement
5. Cardiovascular system
  - 5.1. Basic structure and function of the heart and vasculature
  - 5.2. Cardiac volumes at rest and during exercise
  - 5.3. Control of cardiac function
  - 5.4. Cardiovascular responses to exercise training
6. Respiratory system
  - 6.1. Basic structure and function of the lungs and airways
  - 6.2. Mechanics of ventilation
  - 6.3. Gas exchange and blood gases
  - 6.4. Respiratory responses to exercise training
7. Body composition
  - 7.1. Definitions measurements of body composition
  - 7.2. Effects of exercise on body composition
  - 7.3. Body composition and health, obesity
8. Training and performance
  - 8.1. Aerobic training and effects on performance
  - 8.2. Anaerobic training and effects on performance
  - 8.3. Strength training
  - 8.4. Periodization



ORIGINAL COURSE IMPLEMENTATION DATE: September 1995  
 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 170                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Basic Human Anatomy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>An introduction to human anatomy with particular emphasis on human movement. This course focuses on the basic structure and function of the majority of the body's organ systems.</p> <p>Note: Students with credit for KPE 170 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 170</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 190, KPE 170</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 75</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Lecture hours</td> <td style="text-align: center;">40</td> </tr> <tr> <td>Seminars/tutorials/workshops</td> <td></td> </tr> <tr> <td>Laboratory hours</td> <td style="text-align: center;">35</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>75</b></td> </tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 40 | Seminars/tutorials/workshops |  | Laboratory hours | 35 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>75</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 40        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 35        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>75</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> seven times annually                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date of posting:</b> February 9, 2018s                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**Learning Outcomes**

Upon successful completion, students will be able to:

1. Discuss basic and general anatomical terminology;
2. Explain cellular structure and function of tissue types;
3. Discuss the integumentary system;
4. Describe the skeletal system, including anatomical knowledge of bones and joints;
5. Describe the muscular system, including knowledge of the major muscles and their actions;
6. Describe the circulatory system, including blood, the heart, the cardiac cycle and vascular anatomy;
7. Explain the respiratory system, including the mechanisms of inhalation and exhalation;
8. Explain the digestive system, including mechanical and chemical digestion and accessory glands;
9. Describe the urinary system, including the structure of the nephron and urine composition;
10. Explain the nervous system, including neurons, neuroglia, and the structure of the brain and spinal cord;
11. Identify the endocrine system, including the major glands and their secretions.

**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)**

Lecture: audiovisual and/or online presentation; computer interaction (integral to online sections and labs); class participation/discussion (some group work involved)

Laboratory experiences: practical application of lecture material involving models, diagrams, and use of relevant laboratory equipment

**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.                         |                                               | <input type="checkbox"/>            |           |      |
| 2.                         | Tortora & Martini Principles of Human Anatomy | <input checked="" type="checkbox"/> | Wiley     | 2014 |
| 3.                         |                                               | <input type="checkbox"/>            |           |      |
| 4.                         |                                               | <input type="checkbox"/>            |           |      |
| 5.                         |                                               | <input type="checkbox"/>            |           |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Laboratory space is provided along with anatomical charts, models, and computer simulations.

**Typical Evaluation Methods and Weighting**

|                |     |              |     |                   |     |            |      |
|----------------|-----|--------------|-----|-------------------|-----|------------|------|
| Final exam:    | 20% | Assignments: | %   | Midterm:          | 40% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | 40% | Field experience: | %   | Shop work: | %    |
| Other:         | %   | Other:       | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

- Organization of the human body and basic anatomical terminology
- Basic cell structure and function and histology (introduction to the four tissue groups)
- Integumentary system: structure of the epidermis, dermis, and hypodermis
- Skeletal system
  - o axial and appendicular skeleton
  - o gross and microscopic structure of bone
  - o types of bone
  - o skeletal anatomy by region
  - o articulations (classifications) and synovial joint structure
- Muscular system
  - o gross and microscopic structure of muscle
  - o skeletal muscle anatomy (by region)
  - o origins, insertions, and actions
- Circulatory system
  - o blood cells and plasma
  - o anatomy of the heart
  - o cardiac cycle
  - o vascular anatomy

- Respiratory system
  - o upper respiratory anatomy
  - o lung anatomy: gross and cellular (respiratory membrane)
  - o inspiration and expiration (muscles involved)
  - o respiratory air volumes
- Digestive system
  - o upper digestive tract anatomy
  - o stomach
  - o lower digestive tract anatomy
  - o basic structure and function of the accessory glands
- Urinary system
  - o gross anatomy of the urinary system
  - o anatomy of the kidney
  - o anatomy of the nephron
  - o urine composition
- Nervous system
  - o classification of neurons
  - o classification of neuroglia
  - o structure of the brain
  - o structure of the spinal cord
- Endocrine system
  - o major gland of the body
  - o secretions of each gland
  - o hypothalamus and pituitary anatomy

**Memo for Course Changes – 200 Level Course Reviews**

To: UEC

From: Amber Johnston – Chair, Kinesiology Curriculum Committee

Date: May 1, 2017

**Subject: Proposal for revision of 200-Level Course Reviews (see table below for details)**

1. Summary of changes (select all that apply):
  - ☒ **Six-year review**
  - ☒ **Number and/or course code – all courses have a prefix change from KPE to KIN**
  - ☒ **Credits and/or total hours**
  - ☒ **Title**
  - ☒ **Calendar description**
  - ☐ Prerequisites and/or co-requisites
  - ☒ **Frequency of course offering**
  - ☒ **Learning outcomes**
  - ☒ **Delivery methods and/or texts and resource materials**
  - ☒ **PLAR options, grading system, and/or evaluation methods**
  - ☐ Discontinuation of course
  - ☒ **Other – Please specify:** organization of content
2. Rationale for change: **complete course revisions and update for all Kinesiology courses**
3. If there are substantial changes to the learning outcomes, explain how they align with the learning outcomes of the program(s): **any learning outcomes updated to reflect ILO's and strategic outcomes of the institution. Also learning outcomes were updated to reflect current language requested by UEC.**
4. Is this course required by any program beyond the discipline? If so, how will this change affect that program or programs? **N/A**
5. Which program areas have been consulted about the change(s)? **N/A**
6. What consideration has been given to indigenizing the curriculum?
 

**Indigenization will occur in the following ways**

  - Ensuring that all students see themselves and their realities reflected in the material;
  - Through the legitimization of different ways of learning, teaching, and knowing;
  - Establishing rapport between students and with instructors;
  - Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;
  - Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.

7. If this course is not eligible for PLAR, explain why: **N/A**
8. If any of the following items on the official course outline have changed, explain how the change will affect the budget for your area or any other area: **N/A**
  - a. Credit value
  - b. Class size limit
  - c. Frequency of offering
  - d. Resources required (labs, equipment)
9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **N/A**
10. Estimate of the typical costs for this course, including textbooks and other materials:  
**Textbook cost ranges between 100-250\$**

**Table 1. Specific Revisions to each course**

| <b>COURSE AND TITLE</b>                                                                     | <b>NOTES ON REVISIONS and UPDATES</b>                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>KIN 215 – Introduction to Biomechanics</b>                                               | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• Hours changed to reflect 45-3 credits</li> <li>• Calendar description cleaned up and updated</li> <li>• Learning outcomes updated</li> <li>• Instructional methods updated</li> <li>• Evaluation and content updated</li> <li>• Textbook and assigned readings updated</li> </ul> |
| <b>KIN 221 – Instructional Design and Analysis of Physical Education and Sport Programs</b> | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• short title added</li> <li>• calendar description updated</li> <li>• hours updated</li> <li>• learning outcomes updated</li> <li>• textbook and assigned readings updated</li> <li>• content updated</li> </ul>                                                                   |
| <b>KIN 260 – Topics in Human Nutrition</b>                                                  | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• calendar description updated</li> <li>• hours updated to reflect 45-3 credits</li> <li>• learning outcomes updated</li> <li>• instructional methods updated</li> <li>• textbook and assigned readings updated</li> <li>• evaluation and content updated</li> </ul>                |
| <b>KIN 261 – Sociocultural Aspects of Physical Activity and Sport</b>                       | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> </ul>                                                                                                                                                                                                                                                                                   |

|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                      | <ul style="list-style-type: none"> <li>• calendar description updated</li> <li>• wording of prerequisite updated</li> <li>• hours updated</li> <li>• learning outcome updated</li> <li>• instructional methods updated</li> <li>• textbook and assigned readings updated</li> <li>• evaluation and content updated</li> </ul>                                                                                                                                              |
| KIN 266 – Exercise and Sport Psychology              | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• learning outcomes updated</li> <li>• textbook and readings updated</li> <li>• evaluation and content updated</li> </ul>                                                                                                                                                                                                                              |
| KIN 268 – Introduction to Motor Learning and Control | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• instructional hours updated</li> <li>• outcomes updated</li> <li>• textbook and readings updated</li> </ul>                                                                                                                                                                                                                                          |
| KIN 270 – Human Physiology I                         | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• calendar description updated</li> <li>• wording of prerequisite updated</li> <li>• hours updated</li> <li>• learning outcomes cleaned up and updated</li> <li>• instructional methods updated</li> <li>• textbook and assigned readings updated</li> <li>• minor edit to supplies and materials</li> <li>• evaluation and content updated</li> </ul> |
| KIN 272 – Human Physiology II<br>*formerly KPE 370   | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• calendar description updated</li> <li>• wording and hours updated</li> <li>• learning outcomes cleaned and updated</li> <li>• methods and textbook updated</li> <li>• evaluation and content updated</li> <li>• renumeration to KIN 272</li> </ul>                                                                                                   |

**CWC comments and responses:**

**KIN 272:**

- Why is the number being changed for this course? There does not appear to be a rationale for this change included in the memo, and this will have program implications as an upper-level course is being changed to a lower-level course.

*Below is the basic rationale for the renumeration to 272:*

1. *Articulation: most physiology courses (covering several systems) come to us from other institutions as lower level; any upper level 300-400 level courses are specific physiology*

*(immune, cardiorespiratory etc). By renumbering the 370 back to 272 (this course was at the 200 level until 2001), this allows for easier articulation to and from institutions.*

2. *270 covers half of the body systems while 370 covers the other half - covering neuroendocrine control and regulation across most systems. 370 is often seen as the "second half" of 270, but yet was made a 300-level course in the beginning stages of the degree. (Initially courses used to be 190 and 290 which were then split into 170, 270, and 370.)*

3. *As seen in recommendations from program review and current action noted in our self-study document for current program review:*

**Recommendation:** *Restructuring of the anatomy and physiology curriculum to be consistent with other programs of other universities. Specifically, to renumber KPE 370 (Human Physiology 2) to KPE 2XX. Additionally, this change would ensure that prerequisites for upper level required courses and electives could be obtained by the end of a student's second year.*

**Action:** *Renumbering of KPE 370 to KPE 272 was approved at the department level. As this change is part of a larger curriculum changes, official renumbering of KPE 370 is awaiting approval from university-level committees.*

*Additionally, with recent course revisions KIN 362 now has 272 (370) as a prerequisite and not a co-requisite; this allows students to gain some background in cardiovascular and respiratory systems before taking 362, which is beneficial to the student.*



**ORIGINAL COURSE IMPLEMENTATION DATE:** September 1993  
**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 215                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Introduction to Biomechanics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>An introduction to the fundamentals of biomechanics, and the principles of both kinetic and kinematic assessment techniques as applied to human motor performance. Students learn to apply this knowledge to observe, evaluate, and modify technique, style, and skill in sport performance.<br><br>Note: Students with credit for KPE 215 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | BIO 111 and KIN 170. Note: PHYS 101 is recommended.                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 215</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 110; KPE 215</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OReg to submit to BCCAT):<br><input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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: right;">30</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">5</td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">10</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 30 | Seminars/tutorials/workshops | 5 | Laboratory hours | 10 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 5         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> every semester                                                                                                                                                                                                                                                                                                                                            |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |   |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 215**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Demonstrate fundamental mechanical principles relating to movement and force production in sport, athletics, and ergonomics.
2. Explain the properties and structure of the human body including the muscular, skeletal, and articular systems, with particular consideration of how they act to produce force and movement.
3. Evaluate and produce an integrated model of human performance incorporating biological and mechanical influences.
4. Utilize the tools and interpret the data acquired for both kinetic and kinematic analysis.

**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, multimedia, biophysics calculations, case studies, student 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. Watkins, J.                                   | Fundamental Biomechanics of Sport and Exercise          | <input checked="" type="checkbox"/> | Routledge        | 2014 |
| Grimshaw, P., Lees, A., Fowler, N., & Burden, A. | Instant Notes: Sport & Exercise Biomechanics            | <input checked="" type="checkbox"/> | Taylor & Francis | 2006 |
| 3. Hall, S.                                      | Basic Biomechanics                                      | <input checked="" type="checkbox"/> | McGraw-Hill      | 2014 |
| 4. McGinnis, P.                                  | Biomechanics of Sport and Exercise, 3 <sup>rd</sup> ed. | <input checked="" type="checkbox"/> | Human Kinetics   | 2014 |

**Typical Evaluation Methods and Weighting**

|                      |     |              |     |                   |   |            |      |
|----------------------|-----|--------------|-----|-------------------|---|------------|------|
| Final exam:          | %   | Assignments: | %   | Midterm exam:     | % | Practicum: | %    |
| Quizzes/tests/exams: | 50% | Lab work:    | 25% | Field experience: | % | Shop work: | %    |
| Term project:        | 25% | Other:       | %   | Other:            | % | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. Course introduction
2. Biomechanics
  - a. qualitative
  - b. quantitative
3. Anatomical systems
  - a. skeletal
  - b. articular
  - c. neuromuscular
4. Tissue characteristics
  - a. material properties
  - b. stresses and strains
5. Linear motion
  - a. kinematic
  - b. kinetic
  - c. equations/calculations
  - d. lab activity(ies)
6. Angular motion
  - a. kinematic
  - b. kinetic
  - c. equations/calculations
  - d. lab activity(ies)
7. Fluid motion
  - a. in air
  - b. in water
  - c. equations/calculations
  - d. lab activity(ies)
8. Movement analysis of human movement
  - a. anatomical analysis
  - b. biomechanical analysis
  - c. hierarchical modeling



ORIGINAL COURSE IMPLEMENTATION DATE: May 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 221                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Instructional Design and Analysis of Physical Education and Sport Programs                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Design & Analysis: PE Programs                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Provides students with an understanding of developing curriculum and designing instruction for delivery of physical and health education programs. Theoretical and practical elements of games, sport, dance, gymnastics, and outdoor activities are introduced. Active participation is required.<br><br>Note: Students with credit for KPE 221 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 221</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 421; KPE 221</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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: right;">20</td></tr> <tr><td>Seminars/tutorials/workshops/activities</td><td style="text-align: right;">15</td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">10</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 20 | Seminars/tutorials/workshops/activities | 15 | Laboratory hours | 10 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 20        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops/activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once annually                                                                                                                                                                                                                                                                                                                                             |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                                         |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 221**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Explain the role of the instructor.
2. Describe the instructor/learner relationship.
3. Perform teaching skills which factor in learning experiences, movement task, task presentation, learning environments and teaching strategies.
4. Plan instruction using goal setting, learning outcomes and content-specific pedagogy.
5. Demonstrate safety practices and issues surrounding liability in instruction.
6. Apply physical literacy including the fundamental movement skills: locomotor, non-locomotor and manipulative skills.
7. Apply educational research and its applications with respect to the nature, methods and tools of observation as well as critical teaching variables.
8. Apply rules, strategies, behaviours, and appropriate progressions to a variety of physical activities and sports.

**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)**

Lecture-based instruction on the fundamentals of teaching and planning instruction coupled with a practical component of teaching execution.

**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. Rink, J. E.                | Teaching Physical Education for Learning                 | <input checked="" type="checkbox"/> | Times Mirror/Mosby College Publishing | 2011 |
| 2. Robinson, D. & Randall, L. | Teaching Physical Education Today: Canadian Perspectives | <input checked="" type="checkbox"/> | Thompson Educational Publishing       | 2013 |
| 3.                            | UFV Article Access                                       | <input type="checkbox"/>            |                                       |      |

**Typical Evaluation Methods and Weighting**

|                                                 |     |                     |     |                   |     |            |      |
|-------------------------------------------------|-----|---------------------|-----|-------------------|-----|------------|------|
| Final exam:                                     | 30% | Assignments:        | 35% | Midterm exam:     | 15% | Practicum: | 5%   |
| Quizzes/tests:                                  | %   | Lab work:           | %   | Field experience: | %   | Shop work: | %    |
| Participation: practical "gymnasium" experience | 5%  | Group Presentation: | 10% | Other:            | %   | Total:     | 100% |

**Typical Course Content and Topics**

1. Teaching P.E.: An Orientation/History
2. Belka's Principles and Hall of Shame Games
3. Factors that Influence Learning
4. Task Presentation
5. Planning
6. Assessment
7. Teacher Functions & Strategies/Curriculum Models in Physical Education
8. Maintaining a Learning Environment
9. Teaching Strategies/Mosston's Teaching Spectrum
10. Dance Education
11. Student Motivation and Personal Growth
12. Curriculum Position Paper and Evaluation

**Applied Activities**

1. Cooperative Games
2. Fundamental Movements
3. Fundamental Movement Task Presentation
4. Target Games
5. Net/Wall Games
6. Hybrid Invasion Game
7. Batting and Fielding Games
8. Cultural Games
9. Invasion Games
10. Educational Dance
11. Outdoor Education



**ORIGINAL COURSE IMPLEMENTATION DATE:** January 1996  
**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 260                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Topics in Human Nutrition                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>An introduction to the principles of human nutrition with an emphasis on topics of current interest. Students gain an understanding of the scientific function that nutrients and eating habits play in maintaining good health.</p> <p>Note: Students with credit for KPE 260 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 260</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 260</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>Transfer credit requested (OReg to submit to BCCAT):<br><input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td style="text-align: right;">35</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">10</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 35 | Seminars/tutorials/workshops | 10 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 35        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b>                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           | <b>Date approved:</b> May 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. Describe the concepts of, and basis for, nutrient requirements/recommendations.
2. Evaluate nutritional information for its reliability and worth.
3. Describe the functions and fates (ingestion, digestion, absorption, transport, storage, utilization and excretion) of the major nutrients in the body,
4. Explain the relationships between nutrition and health, including the consequences of over- and under-nutrition and the relationships between nutrition and some diseases.
5. Critically examine the nutrient intakes of themselves and others, identify problem areas and the potential consequences of problem intakes.

**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, case studies, use of diet analysis program.

**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. | Thompson, J., Manore, M. and Sheeshka, J. | Nutrition: A Functional Approach. 3 <sup>rd</sup> Canadian edition | <input checked="" type="checkbox"/> | Pearson   | 2014 |
| 2. |                                           | Diet analysis program                                              | <input type="checkbox"/>            |           |      |
| 3. |                                           | Canada's Food Guide                                                | <input type="checkbox"/>            |           |      |

**Typical Evaluation Methods and Weighting**

|                |     |              |     |                   |     |                 |      |
|----------------|-----|--------------|-----|-------------------|-----|-----------------|------|
| Final exam:    | 40% | Assignments: | %   | Midterm exam 1:   | 15% | Midterm exam 2: | 20%  |
| Quizzes/tests: | 5%  | Projects:    | 20% | Field experience: | %   | Total:          | 100% |

**Typical Course Content and Topics**

1. Introduction
2. Nutrient recommendations and guidelines – DRIs, Canada's Food Guide, food labels
3. Digestion and absorption
4. Micronutrients – vitamins and minerals
  - a. minerals – general functions, absorption, toxicity  
– sodium
  - b. vitamins – general functions, absorption, toxicity  
– fat-soluble vitamins – vitamin D  
– water-soluble vitamins – vitamin C
5. Supplements
6. Carbohydrates – types of carbohydrates
  - a. digestion, absorption and lactose intolerance
  - b. functions and regulation of glucose
  - c. recommendations for intakes
  - d. fibres – soluble vs insoluble
  - e. health effects and recommendations
7. Lipids – structures and functions
  - a. essential fatty acids
  - b. digestion and absorption
  - c. transport in blood
  - d. lipids and health – cardiovascular disease – cholesterol, trans fatty acids and  $\omega$ -3 fatty acids
  - e. recommendations for intakes
8. Proteins – structures and functions
  - a. digestion and absorption
  - b. metabolism
  - c. protein synthesis and protein quality
  - d. recommendations for intake
  - e. protein and health – deficiency
9. Vegetarian diets
10. Energy – energy balance
  - a. regulation of energy intake
  - b. healthy body weight
  - c. energy imbalance – obesity and underweight
  - d. eating disorders



ORIGINAL COURSE IMPLEMENTATION DATE: September 2000  
 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 261                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Sociocultural Aspects of Physical Activity and Sport                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Sociocultural Activity & Sport                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>Provides students with an opportunity to learn about the sociological and cultural aspects of physical activity and sport. A combination of literature review and discussion as well as hands-on experience in collecting and analyzing data provides students with a broad understanding of social settings and cultural issues as they relate to sport and physical activity.</p> <p>Note: Students with credit for KPE 261 cannot take this course for further credit.</p>                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | KIN 161.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: KPE 261<br>Cross-listed with:<br>Equivalent course(s): <b>KPE 261</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><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: right;">35</td></tr> <tr><td>Seminars/tutorials/workshops/activities</td><td style="text-align: right;">10</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 35 | Seminars/tutorials/workshops/activities | 10 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 35        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops/activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> twice per year                                                                                                                                                                                                                                                                                                                                    |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                     |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 285**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Explain the core theories and how they are applied in sport sociology
2. Apply the scientific approach in answering research questions
3. Explain how we are socialized into and out of sport
4. Defend the importance of sport and physical activity in all cultures, in particular, Canadian culture
5. Analyze the social inequalities that are often associated with sport and physical activity
6. Discuss some of the key issues and controversies that can be a part of sport

**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)**

Lecture format, class discussions, debates, 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. Coakley, J. & Donnelly, P. | Sports in Society: Issues and Controversies. 3 <sup>rd</sup> Canadian ed. | <input checked="" type="checkbox"/> | McGraw-Hill Ryerson | 2011 |
| 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:     | %   | Practicum: | %    |
| Quizzes/tests:      | %   | Lab work:    | %   | Field experience: | %   | Shop work: | %    |
| Group presentation: | %   | Term paper:  | 20% | Participation:    | 10% | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. Introduction
  - APA, expectations
2. What is the sociology of sport
  - key terms, social constructions
3. Theoretical Frameworks
  - conflict, critical, feminist, etc.
4. Sport and Socialization
  - agents of socialization, entering/exiting sport
5. Sport and Politics
  - why governments are involved, sport policy
6. Social Class and Sport
  - class ideology, social reproduction, power
7. Gender, Sexual Orientation and Sport
  - gender logic, women's participation, homophobia in sport
8. Race and Ethnicity in Sport
  - race ideology, racism, assimilation, stacking
9. Sports and the Media
  - images, reality vs. reproductions, ideologies in media
10. Children and Sport
  - issues with adult-organized youth sport, readiness
11. Deviance and Violence in Sport
  - under and over conformity, at risk groups
12. Sport and Education
  - priorities within education, rule of sport



**ORIGINAL COURSE IMPLEMENTATION DATE:** September 1993  
**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 266                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Exercise and Sport Psychology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br><br>Provides insight into the theories, subject matter, and latest empirical research concerning the cognitive processes and emotional states that regulate and influence performance in sports, exercise, and other physical activities.<br><br>Note: Students with credit for KPE 266 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | 30 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><br>Former course code/number: <b>KPE 266</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 266</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| 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>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b>                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 266**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Explain the phenomena involved in the psychology of sport and exercise.
2. Systematically analyze, investigate and assess psychological effects in sport and physical activity/exercise
3. Identify practical implications for the people involved or affected.
4. Communicate effectively on the chosen topic.
5. Contribute to fieldwork research skills and time and project management skills in students.
6. Produce effective fieldwork research reports.
7. Identify methods and resources for further learning in the area.

**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)**

Lecture, discussion, small group presentations, audio-visual presentation, collaborative learning.

**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. Cox, R.                                    | Sport Psychology: Concepts and Applications, 7 <sup>th</sup> edition | <input checked="" type="checkbox"/> | Brown & Benchmark | 2011 |
| 2. Martens, R.                                | Coaches Guide to Sport Psychology                                    | <input checked="" type="checkbox"/> | Human Kinetics    | 1991 |
| 3. Singer, R.N., Murphey, M., & Tennant, L.K. | Handbook of Research on Sport Psychology                             | <input checked="" type="checkbox"/> | Macmillan         | 1993 |
| 4. Willis, J.D. & Campbell, L.F.              | Exercise Psychology                                                  | <input checked="" type="checkbox"/> | Human Kinetics    | 1992 |
| 5.                                            |                                                                      | <input type="checkbox"/>            |                   |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                                             |                                        |                      |              |
|---------------------------------------------|----------------------------------------|----------------------|--------------|
| Final exam: %                               | Assignments: %                         | Midterm exam: %      | Practicum: % |
| Quizzes/tests (2x25%): 50%                  | Lab work: %                            | Field experience: %  | Shop work: % |
| Psychological effects "profile" report: 15% | Research outline and bibliography: 15% | Research report: 20% |              |
|                                             |                                        |                      | Total: 100%  |

**Details (if necessary):**
**Typical Course Content and Topics**

- Multi-dimensional model of sport psychology
- Mental skill training
- Goal setting
- Relaxation/energization
- Imagery
- Self-talk
- Focus/refocus skills
- Pre-event preparation
- Psychological skills training package
- Anxiety and arousal
- Motivation and confidence
- Retirement and transitions
- Burnout and overtraining
- Psychology and injury
- Parent/athlete relationship
- Personality and sport
- Aggression in sport
- Leadership and coaching styles
- Communication: group dynamics and team cohesion



**ORIGINAL COURSE IMPLEMENTATION DATE:** September 1992  
**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 268                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Introduction to Motor Learning and Control                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Motor Learning & Control                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>An introduction to the basic principles underlying the process by which humans acquire motor skills. Includes a consideration of the psychological foundations and developmental issues that interact with our ability to acquire skilled behaviour.</p> <p>Note: Students with credit for KPE 268 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | 30 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><br>Former course code/number: <b>KPE 268</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 164; KPE 268</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>Transfer credit requested (OReg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><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: right;">39</td></tr> <tr><td>Seminars/tutorials/workshops/activities</td><td style="text-align: right;">6</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 39 | Seminars/tutorials/workshops/activities | 6 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 39        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops/activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 6         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> three times annually                                                                                                                                                                                                                                                                                                                                                    |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                                         |   |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 268**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 3**
**Learning Outcomes**

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

1. Identify the characteristics of an individual that influence the learning and control of motor skills
2. Describe the changes that occur as practice progresses while learning a motor skill
3. Identify the conditions that influence skill learning
4. Apply the basic principles of learning and performance in specific instructional situations
5. Describe the processes of physical growth, maturation, and motor development, and the tools commonly used to assess each of these processes
6. Assess the impact that the processes of physical growth, maturation, and motor development have on the learning and performance of motor skills
7. Explain the psychological correlates which influence the learning and performance of motor skills

**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)**

Lecture, demonstration, small group practice, discussion, audiovisual presentation, use of models and charts

**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. Magill, R.A.            | Motor learning: Concepts and applications, 11 <sup>th</sup> edition | <input checked="" type="checkbox"/> | McGraw Hill | 2016 |
| 2.                         | Assigned course readings                                            | <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:      | 40% | Assignments:  | %   | Midterm exam:     | 30% | Practicum: | %    |
| Quizzes/tests:   | %   | Lab work:     | %   | Field experience: | %   | Shop work: | %    |
| Written Project: | 10% | Presentation: | 20% | Other:            | %   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**
Unit I. Introduction
**A. Historical Perspective**

1. Kinesiology: the nature of the field
2. Motor learning/control as a science
3. Ebbinghaus' contribution
4. Bryan and Harter's (1897) study
5. WWII
6. Franklin Henry

**B. Definition and Classification of Motor Skills**

1. Definition of motor skill
2. Classification systems for motor skill

**C. Measuring Motor Skill Performance**

1. General categories of performance measures
2. Common measures in motor behaviour research

Unit II. Controlling Motor Skills
**A. Anatomical considerations**

1. Structure of the human nervous system
2. Central nervous system
3. Peripheral nervous system
4. Model of nervous system operation

- B. Theories of Motor Control
  - 1. Coordination, degree of freedom, and motor control systems
  - 2. Motor program based theories
  - 3. Dynamical systems theory
  - 4. Motor program vs. dynamical systems

- C. Sensory Influences on Motor Control
  - 1. Proprioception
  - 2. Vision
  - 3. Summary

- D. Attention
  - 1. Attention and Information Processing Theory
  - 2. Models of attention
  - 3. Response preparation

**Unit III. Motor Learning**

- A. Nature of the Motor Learning Process
  - 1. Defining and measuring motor learning
  - 2. Stages of motor learning
- B. Transfer of Learning
  - 1. Theories of transfer
  - 2. Bilateral transfer
  - 3. Principles of transfer
- C. Components of the Practice Environment
  - 1. Augmented feedback
  - 2. Practice conditions
    - a. mental practice
    - b. part vs. whole learning
    - c. simulation
    - d. variability of practice
    - e. distribution of practice

**Unit IV. Psychological Correlates of Motor Skill Acquisition**

- A. Socialization
  - 1. The process of socialization
  - 2. Factors that influence socialization
  - 3. Stereotypic socialization
- B. Personality
  - 1. Definition
  - 2. Sport participation and personality
- C. Motivation
  - 1. Definition
  - 2. Motivation and physical activity participation
  - 3. Principles of goal setting



ORIGINAL COURSE IMPLEMENTATION DATE: September 1993  
 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 270                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Human Physiology I                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Examines the structure and function of systems involved in the control and execution of human movement, including a detailed examination of the integumentary system, the musculoskeletal system, and the integration and control systems (nervous and endocrine).<br><br>Note: Students with credit for KPE 270 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | 30 university-level credits including KIN 170 with a C+ or better.                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 270</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 290; KPE 270</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 75</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Lecture hours</td> <td style="text-align: center;">40</td> </tr> <tr> <td>Seminars/tutorials/workshops</td> <td></td> </tr> <tr> <td>Laboratory hours</td> <td style="text-align: center;">35</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>75</b></td> </tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 40 | Seminars/tutorials/workshops |  | Laboratory hours | 35 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>75</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 40        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 35        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>75</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> four times annually                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Date of posting:</b> February 9, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 270**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Explain organ system involvement in human structure, sensation and perception, movement, integration, and regulation.
2. Explain the functions of the integumentary system, including somatic sensation and thermoregulation
3. Describe the skeletal system including bone composition, function, remodeling, and growth regulation
4. Describe the muscular system, including contraction kinetics, excitation contraction coupling, fibre types, and muscle energetics
5. Explain the nervous system, including action potentials, impulses, neural processing, structure and function of the central and peripheral nervous systems, and special senses
6. Explain the endocrine system, including the regulation of hormone secretion

**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)**

Lecture: audiovisual and/or online presentation; computer interaction (integral to online sections and labs); class participation/discussion (some group work involved).

Laboratory experiences: practical application of lecture material involving models, diagrams, and use of relevant laboratory equipment.

**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. | Silverthorn, D.U.          | Human Physiology: An Integrated Approach, 6 <sup>th</sup> ed. | <input checked="" type="checkbox"/> | Pearson     | 2013 |
| 2. | Marieb, E.N. & Hoehn, K.   | Human Anatomy and Physiology, 9 <sup>th</sup> ed.             | <input checked="" type="checkbox"/> | Pearson     | 2015 |
| 3. |                            | Human Anatomy and Physiology                                  | <input type="checkbox"/>            | Open Source |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Laboratory space is provided along with anatomical charts and models. Equipment for muscle and nerve experiments will be available. Sensory tests will also be conducted.

**Typical Evaluation Methods and Weighting**

|             |     |           |     |                |     |        |      |
|-------------|-----|-----------|-----|----------------|-----|--------|------|
| Final exam: | 20% | Lab work: | 40% | Midterm exams: | 40% | Total: | 100% |
|-------------|-----|-----------|-----|----------------|-----|--------|------|

**Typical Course Content and Topics**

**Histology** (could be included in systems units)

**Integumentary system**

- defensive and protective functions
- cutaneous sensations
- thermoregulation

**Skeletal system**

- composition and mechanical properties of bone
- hormonal regulation of the growth, development, remodeling of bone

**Muscular system**

- contraction kinetics
- excitation-contraction coupling
- muscle fibre types
- muscle cell energetics

**Nervous system**

- resting membrane potentials, action potentials, and impulses
- synapses and neurotransmitters
- post synaptic potentials (excitation and inhibition) and neural processing
- central nervous system physiology (brain and spinal cord)
- somatosensory system and reflexes
- autonomic nervous system physiology
- special senses

**Endocrine system**

- mechanism of hormone action (steroid and non-steroid)
- second messenger systems and signal transduction
- functions of glandular secretions
- hypothalamic-pituitary interactions and the regulation of hormone secretions



ORIGINAL COURSE IMPLEMENTATION DATE: September 1993  
 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 272                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Human Physiology II                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>An extension of KIN 270. Examines the structure, function, and regulation of the organ systems supporting human movement (circulatory, lymphatic, respiratory, urinary, and digestive), as well as the immune and reproductive systems.</p> <p>Note: Students with credit for KPE 370 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | KIN 270.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | NONE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prelcorequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | NONE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Equivalent Courses (cannot be taken for additional credit)</b><br>Former course code/number: <b>KPE 370</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 291, KPE 370</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>Transfer credit requested (OReg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 75</b><br><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: right;">40</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">35</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: right;"><b>75</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 40 | Seminars/tutorials/workshops |  | Laboratory hours | 35 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>75</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 40        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 35        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>75</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> four time annually                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date of posting:</b> February 9, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 272**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 3**
**Learning Outcomes**

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

1. Explain the circulatory system, including blood, hemostasis, the heart, the cardiac cycle, cardiac conduction and ECG's, neural regulation and vascular anatomy,
2. Describe the respiratory system, including the mechanisms of inhalation and exhalation, regulation of breathing, gas transport and homeostatic imbalance with respiration.
3. Describe the lymphatic system and relate to immune function, non- specific and specific defenses.
4. Explain the digestive system, including mechanical.chemical digestion, absorption, accessory glands and overall regulation and control of our gut,
5. Explain the urinary system, including nephron structure and urine formation, and fluid and electrolyte balance,
6. Describe the male and female reproductive systems

**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)**

Lecture, audiovisual presentation, computer interaction (anatomy programs), class participation/discussion

Students may work as groups to prepare a written project on a contemporary issue relating to these organ systems. Student may be required to make an oral presentation and/or web page.

**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. | Marieb, E.N. and K.N. Hoehn | Human Anatomy and Physiology             | <input checked="" type="checkbox"/> | Pearson   | 2015 |
| 2. | Open Text                   | Anatomy and Physiology                   | <input type="checkbox"/>            | OpenStax  |      |
| 3. | D.U. Silverthorne           | Human Physiology: An Integrated Approach | <input checked="" type="checkbox"/> | Pearson   | 2014 |
| 4. |                             |                                          | <input type="checkbox"/>            |           |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Laboratory space is provided along with anatomical charts and models. Equipment for blood, cardiovascular and respiratory function will be available, as well as urinalysis apparatus. Anatomy software is available in the computer lab

**Typical Evaluation Methods and Weighting**

|                |     |                     |     |                   |     |            |      |
|----------------|-----|---------------------|-----|-------------------|-----|------------|------|
| Final exam:    | 20% | Assignments:        | %   | Midterm exam (2): | 40% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work (4 exams): | 40% | Field experience: | %   | Shop work: | %    |
| Other:         | %   | Other:              | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

Circulatory system

- cardiac conduction system
- electrocardiograms
- relative and absolute refractory periods
- cardiac output
- capillary exchange
- peripheral resistance
- blood pressure regulation

Respiratory system

- pulmonary and alveolar ventilation
- gas transport in blood
- regulation of breathing
- breathing at high altitude and when diving

Lymphatic system

- regulation of body fluids
- filtering and recycling blood components

**Immune system**

- non-specific immune response (inflammation)
- specific immune response
- humoral response
- cell-mediated response
- immunocompetency and immunogenicity

**Digestive system**

- details of chemical digestion
- regulation of digestive function
- absorption and assimilation
- defecation

**Urinary system**

- urine production (filtration, reabsorption, and secretion)
- fluid and electrolyte balance
- pH balance
- micturition
- renin-angiotensin system

**Male and female reproductive systems**

- regulation of male gamete formation
- function of the accessory glands
- regulation of the menstrual cycle
- fertilization and pregnancy
- lactation

**Memo for Course Changes – 300 Level Course Reviews**

To: UEC

From: Amber Johnston – Chair, Kinesiology Curriculum Committee

Date: October 10<sup>th</sup> 2017

**Subject: Proposal for revision of 300-Level Course Reviews (see table below for details)**

1. Summary of changes (select all that apply):
  - ☒ **Six-year review**
  - ☒ **Number and/or course code – all courses have a prefix change from KPE to KIN**
  - ☒ **Credits and/or total hours**
  - ☒ **Title**
  - ☒ **Calendar description**
  - ☒ **Prerequisites and/or co-requisites**
  - ☒ **Frequency of course offering**
  - ☒ **Learning outcomes**
  - ☒ **Delivery methods and/or texts and resource materials**
  - ☒ **PLAR options, grading system, and/or evaluation methods**
  - ☐ Discontinuation of course
  - ☒ **Other – Please specify: organization of content and general updates**
2. Rationale for change: complete course revisions of all Kinesiology courses
3. If there are substantial changes to the learning outcomes, explain how they align with the learning outcomes of the program(s): **any learning outcomes updated to reflect ILO's and strategic outcomes of the institution. Also learning outcomes were updated to reflect current language requested by UEC.**
4. Is this course required by any program beyond the discipline? If so, how will this change affect that program or programs? **N/A**
5. Which program areas have been consulted about the change(s)? **N/A**
6. What consideration has been given to indigenizing the curriculum?
 

**Indigenization will occur in the following ways**

  - Ensuring that all students see themselves and their realities reflected in the material;
  - Through the legitimization of different ways of learning, teaching, and knowing;
  - Establishing rapport between students and with instructors;
  - Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;
  - Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.

7. If this course is not eligible for PLAR, explain why: **N/A**
8. If any of the following items on the official course outline have changed, explain how the change will affect the budget for your area or any other area: **N/A**
  - a. Credit value
  - b. Class size limit
  - c. Frequency of offering
  - d. Resources required (labs, equipment)
9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **N/A**
10. Estimate of the typical costs for this course, including textbooks and other materials:  
**Textbook cost ranges between 100-250\$**

**Table 1. Details of Revisions: 300 Level Courses**

| <b>Current Course Code and Title</b>                              | <b>Revisions</b>                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>KIN 301 – Research Methods in Kinesiology</b>                  | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Minor edit to instructional hours</li> <li>• Learning outcomes updated</li> <li>• Textbook and content updated</li> <li>• Evaluation breakdown updated</li> </ul>                                                              |
| <b>KIN 302 – Measurement and Evaluation in Physical Education</b> | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• minor edit to instructional hours</li> <li>• clean up and update for learning outcomes</li> <li>• content updated</li> </ul>                                                                                                   |
| <b>KIN 315 – Applied Biomechanics</b>                             | <ul style="list-style-type: none"> <li>• course title change</li> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• minor edit to instructional hours</li> <li>• calendar description edit</li> <li>• clean up and update for learning outcomes</li> <li>• content updated</li> <li>• evaluation updated</li> </ul> |
| <b>KIN 350 – Stress and Chronic Disease</b>                       | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• minor edit to calendar description</li> <li>• program change to Kinesiology</li> <li>• Learning outcomes cleaned up and updated</li> </ul>                                                                                                                              |
| <b>KIN 360 – Health Programming across the Lifespan</b>           | <ul style="list-style-type: none"> <li>• Course title change, addition of short title</li> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> </ul>                                                                                                                                                                        |

|                                                        |                                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                        | <ul style="list-style-type: none"> <li>• Edit to calendar description</li> <li>• Edit to content breakdown</li> <li>• Learning outcomes cleaned up and updated</li> <li>• Instructional methods updated</li> <li>• Textbook updated</li> <li>• Evaluation and content updated</li> </ul>                                                                              |
| KIN 362 – Theoretical Exercise Physiology              | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Short title added</li> <li>• Minor prerequisite change</li> <li>• Minor change to instructional hours</li> <li>• Textbook updated</li> <li>• Learning outcomes cleaned and updated</li> </ul>                                                   |
| KIN 363 – Lab Based Exercise Physiology                | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Change to instructional hour breakdown</li> <li>• Minor edit to calendar description</li> <li>• Textbook updated</li> <li>• Learning outcomes cleaned and updated</li> <li>• Content breakdown updated</li> </ul>                               |
| KIN 365 – Physical Growth and Motor Development        | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Calendar description updated</li> <li>• Removal of BIO 112 as prerequisite</li> <li>• Minor edit to hour breakdown</li> <li>• Learning outcomes cleaned and updated</li> <li>• Textbook updated</li> <li>• Content breakdown updated</li> </ul> |
| KIN 366 – Applied Counseling for Fitness Professionals | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Prerequisite credit change</li> <li>• Instructional hours breakdown updated</li> <li>• Learning outcomes cleaned and updated</li> <li>• Evaluation updated</li> <li>• Content updated</li> <li>• Textbook updated</li> </ul>                    |
| KIN 368 – Advanced Motor Learning and Control          | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Learning outcomes updated and cleaned</li> <li>• Textbook updated</li> <li>• Evaluation updated</li> </ul>                                                                                                                                      |
| KIN 371 – Introduction to Athletic Injuries            | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Minor change to calendar description</li> <li>• Learning outcomes updated and cleaned</li> </ul>                                                                                                                                                |

|         |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|         | <ul style="list-style-type: none"> <li>• Textbook updated</li> <li>• Evaluation updated</li> <li>• Content updated</li> </ul>                                                                                                                                                                                                                                                                                                                           |
| KIN 399 | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Minor change to calendar description</li> <li>• Prerequisite credit change</li> <li>• Instructional hours updated to keep consistent with other experiential classes such as 455</li> <li>• Learning outcomes updated and cleaned</li> <li>• Textbook updated</li> <li>• Evaluation updated</li> <li>• Content updated</li> </ul> |

**CWC comments and responses:**

**KIN 301:**

- Prerequisites: 60 credits for a third-year course may be constraining. Should this be 45 credits?  
*Both 301 and 302 run currently with 60 credits as the prerequisite. It has not demonstrated to date any constraint. Kept as is.*

**KIN 362:**

- As prerequisites are being increased (60 credits rather than 54, and addition of KIN 272), notice should appear in the calendar prior to implementation.  
*Yes, and we can also let program advisor know to make students aware.*

**KIN 365:**

- The memo notes a “minor edit to hour breakdown”, but hours are being increased from 45 to 60. Please provide a rationale for this change.  
*This was proposed to change to a 4 credit course as it includes some lab components, but with timetabling etc, the department and curriculum committees agreed to stay as a 3 credit course and just include the lab hours within the hour breakdown.*

**KIN 368:**

- Are there any more recent texts available?  
*Often there isn't a required text, just readings and resources as listed.*

**KIN 371:**

- Prerequisites: “54 university-level credits” has been changed to “60 university-level credits” elsewhere; should this course be changed as well?  
*Changed to 60 credits.*



ORIGINAL COURSE IMPLEMENTATION DATE: September 2008  
 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 301                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Research Methods in Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Research Methods in Kin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>An introduction to scientific research methods and their application to kinesiology. Topics include the basic elements of research design, critical analysis of research literature, and development of research proposals.</p> <p>Note: Students with credit for KPE 301 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 including one of STAT 104, STAT 106, or PSYC 110.                                                                                                                                                                                                                                                                                                                                                                                     |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 301, KPE 400</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 301, KPE 400</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td style="text-align: right;">35</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">10</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 35 | Seminars/tutorials/workshops | 10 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 35        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 301**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Describe how knowledge in kinesiology and other health science fields is generated through the research process.
2. Describe the characteristics, strengths, and weaknesses of a variety of research designs used in the health sciences.
3. Identify appropriate research approaches to investigate a variety of researchable problems.
4. Discuss principles associated with sampling, data collection, and data analysis, including methods for establishing reliability and validity and minimizing systematic error.
5. Describe the basic components of scientific papers and their purpose.
6. Evaluate scientific literature with respect to design, measurement instruments, analyses, and conclusions.
7. Apply the basic principles of descriptive and inferential statistics as presented in scientific papers.
8. Develop a detailed proposal for a research project in kinesiology.

**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, discussion of readings, seminars, case studies, group projects

**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. Cozby, P.C. & Rawn, C.D. | Methods in Behavioral Research, Canadian ed. | <input checked="" type="checkbox"/> | McGraw Hill | 2012 |
| 2.                          | Readings posted to the Blackboard            | <input type="checkbox"/>            |             |      |
| 3.                          |                                              | <input type="checkbox"/>            |             |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                |     |                    |     |                   |     |            |      |
|----------------|-----|--------------------|-----|-------------------|-----|------------|------|
| Final exam:    | 40% | Assignments:       | %   | Midterm exam:     | 25% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:          | %   | Field experience: | %   | Shop work: | %    |
|                |     | Research proposal: | 25% | Paper evaluation: | 10% | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

1. Introduction
  - development of critical thinking skills
  - generation of knowledge
2. Research approaches
  - quantitative vs. qualitative
  - naturalistic, correlational, and experimental research
3. Analysis of research/scientific papers
4. Library orientation
5. Research ethics
6. Hypotheses and variables
  - operational definitions
  - independent and dependent variables
7. Reliability and validity
8. Survey research
9. Experimental research
  - determining cause and effect
  - confounds and internal validity
  - control, participant assignment
  - simple and complex designs
10. Understanding research results
  - presentation of descriptive statistics and correlation
11. Presentation of inferential statistics
  - simple and complex designs



ORIGINAL COURSE IMPLEMENTATION DATE: September 2008  
 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 302                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Measurement and Evaluation in Physical Education                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Measure & Eval in Physical Ed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>Introduces students to measurement and evaluation techniques and their applications in physical and health education settings. Topics covered include theoretical and practical elements of test construction, grading, alternative assessment strategies, and measurement of knowledge, skills, and behaviours.</p> <p>Note: Students with credit for KPE 302 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><br>Former course code/number: <b>KPE 302 KPE 400</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 302, KPE 400</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Lecture hours</td> <td style="text-align: center;">30</td> </tr> <tr> <td>Seminars/tutorials/workshops/activities</td> <td style="text-align: center;">15</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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 30 | Seminars/tutorials/workshops/activities | 15 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops/activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 302**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Identify the appropriate measures for evaluating psychomotor skills, cognitive knowledge, and affective behaviours.
2. Describe the need for measurement and evaluation in physical and health education.
3. Describe the characteristics, strengths and weaknesses of a variety of measurement tools used in physical and education settings.
4. Distinguish among the criteria needed for appropriate test selection.
5. Construct measurement and evaluation tools for all aspects of physical and health education.
6. Evaluate a variety of measurement and evaluation tools used in physical and health education settings.
7. Revise measurement and evaluation tools for physical and health education.

**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, seminars, group projects, 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. | Lacy, A.C. & Halstad, D.N. | Measurement and Evaluation in Physical Education and Exercise Science, 7 <sup>th</sup> ed. | <input checked="" type="checkbox"/> | Benjamin Cummins | 2015 |
| 2. |                            | UFV Article Access for up-to-date article readings                                         | <input type="checkbox"/>            |                  |      |
| 3. |                            | Selected Readings                                                                          | <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**

|                |     |                |     |                   |   |            |      |
|----------------|-----|----------------|-----|-------------------|---|------------|------|
| Exams:         | 40% | Assignments:   | 20% | Midterm exam:     |   | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:      | %   | Field experience: | % | Shop work: | %    |
| Presentation:  | 10% | Group project: | 30% |                   |   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. Introduction to course/overview
2. Introduction to measurement and evaluation
3. Linking program development with measurement and evaluation
4. Measuring health-related physical fitness and physical activity
5. Measuring psychomotor skills
  - physical abilities
  - sport skills
6. Measuring cognitive knowledge
  - types of knowledge tests
  - analyzing and constructing knowledge tests
7. Measuring affective behaviours
  - scales
  - rubrics
8. Alternative assessment
9. Measurement and evaluation in activity-based settings
  - Fitness tests
  - CSEP physical literacy
10. Grading
  - purpose of grading
11. Using self-evaluation to improve instruction
12. Student presentations of formal project



ORIGINAL COURSE IMPLEMENTATION DATE: September 2001  
 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 315                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Applied Biomechanics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Builds on the theoretical knowledge gained in KIN 215, with the application of knowledge to problem solving and biomechanical analysis of sports movements. Injury mechanisms are also explored.<br><br>Note: Students with credit for KPE 315 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | KIN 215.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 315</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 315</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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: right;">30</td></tr> <tr><td>Seminars/tutorials/workshops/activities</td><td style="text-align: right;">15</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 30 | Seminars/tutorials/workshops/activities | 15 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops/activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                                         |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 315**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Evaluate human movement utilizing biomechanical principles and assessment measures.
2. Apply knowledge of the musculoskeletal system in the interaction of human movement and force production.
3. Develop an integrated hierarchical model of human performance including biological and mechanical factors.
4. Examine errors in movement performance using biomechanical principles.
5. Teach persons to complete skilled movements.
6. Evaluate injury mechanisms from a biomechanical perspective.

**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)**

Lecture: class participation/discussion/problem based learning.

Seminar: qualitative analysis, projects, movement analysis and description and applied application of theory to team and individual sports.

**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. | Bartlett, Roger                    | Sports Biomechanics: Preventing Injury and Improving Performance | <input checked="" type="checkbox"/> | E.S. Spon        | 2002 |
| 2. | Grimshaw, P., Lees, A., Burden, A. | Sports and Exercise Biomechanics (Instant Notes)                 | <input checked="" type="checkbox"/> | Taylor & Francis |      |
| 3. | Watkins, J.                        | Fundamental Biomechanics of Sport and Exercise                   | <input checked="" type="checkbox"/> | Routledge        | 2014 |
| 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:    | 15% | Assignments:                      | 60% | Midterm exam:     | % | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:                         | %   | Field experience: | % | Shop work: | %    |
| Presentation:  | 15% | Student evaluation of group work: | 10% | Other:            | % | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

1. S.O.S and hierarchical modeling theory/technology introduction
2. Forces and movement/individual sports analysis (theoretical investigation)
3. Torque turning effect of force/individual sports analysis (data collection)
4. Motion-linear kinematics/individual sports analysis (teaching subject and biomechanical intervention)
5. Motion-angular kinematics/team (ball) sports analysis (theoretical investigation)
6. Team (ball) sports analysis (data collection)
7. Team (ball) sports analysis (teaching subject and biomechanical intervention)
8. Analysis of projectiles/racquet sports analysis (theoretical investigation)
9. Racquet sports analysis (teaching subject and biomechanical intervention)
10. Biomechanics of running injuries/injury analysis (evaluation and prevention)



ORIGINAL COURSE IMPLEMENTATION DATE: September 2001  
 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 350                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Stress and Chronic Disease                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Provides students with knowledge on the relationship between stress and chronic disease. The focus is on understanding disease states that can be produced in part by elevated stress levels. A secondary focus is coping skills with the aim of minimizing stress levels exhibited by the individual.<br><br>Note: Students with credit for KPE 350 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | KIN 270.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 350</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 350</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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: right;">30</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">10</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: case studies</td><td style="text-align: right;">5</td></tr> <tr><td style="text-align: right;"><b>Total</b></td><td style="text-align: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 30 | Seminars/tutorials/workshops | 10 | Laboratory hours |  | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: case studies | 5 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours: case studies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 5         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once annually                                                                                                                                                                                                                                                                                                                                                        |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Department / Program Head or Director:</b> Alastair Hodges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty Council approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Campus-Wide Consultation (CWC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Date of posting:</b> October 20, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Dean/Associate VP:</b> Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Date approved:</b> May 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 350**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Discuss the negative physiological and psychological impact of chronic stress on the human body.
2. Describe the physiological and psychological symptoms of stress and how stress can exacerbate several different types of diseases.
3. Explain the nature of chronic disease and associated stressors, and their adverse effect on disease severity.
4. Present research in the quickly evolving field of stress and illness/disease control.
5. Demonstrate the neurobiological basis of the stress response.

**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, seminars, group projects, case studies, independent research

**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. Lovallo, W.R.           | Stress & Health                      | <input checked="" type="checkbox"/> | Sage Publications | 2005 |
| 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:    | 40% | Assignments: | % | Midterm exam:     | 40% | Practicum: | %    |
| Quizzes/tests: | 10% | Lab work:    | % | Field experience: | %   | Shop work: | %    |
| Presentation:  | 10% | Other:       | % | Other:            | %   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. Introduction and overview
2. The psychology of "stress"
3. Behavioural medicine and biomedicine; Psychosocial models
4. History of the concept of stress
5. The neural physiology of stress
6. Homeostatic regulation
7. Physical and psychological stress
8. Central nervous system integration
9. Stress and the endocrine system
10. The immune system and behaviour
11. The immune system and behaviour
12. Helplessness, coping, and health
13. Genes, stress, and behaviour
14. Individual differences in reactivity to stress
15. Behaviour stress, and health; review



**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><br>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.<br><br>Note: Students with credit for KPE 360 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 360</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 360</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| 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>Maximum enrolment (for information only):</b> 36<br><br><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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 360**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**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



ORIGINAL COURSE IMPLEMENTATION DATE: January 2001  
 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 362                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Theoretical Exercise Physiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Exercise Physiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>Discusses the physiological response to exercise, examining both the acute and chronic adaptations to an exercise stress. From a physiological systems perspective, this course examines the functional capacity of individual physiological systems discussing the system's response to submaximal and maximal exercise and its impact on human performance. The environmental impact on physical performance is also discussed.</p> <p>Note: Students with credit for KPE 362 cannot take this course for further credit.</p>                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | Admission to the Bachelor of Kinesiology degree and 54 university-level credits including KIN 163 and KIN 270. Note: As of January 2019, prerequisites will change to: Admission to the Bachelor of Kinesiology degree and 60 university-level credits including KIN 163, KIN 270, and KIN 272 (formerly KPE 370).<br>Note: Students who have declared a Kinesiology minor can contact the department for permission to register.                                                                                     |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | NONE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Pre/corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Equivalent Courses (cannot be taken for additional credit)</b><br>Former course code/number: <b>KPE 362</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 362</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td style="text-align: right;">40</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 style="text-align: right;">5</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 40 | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities | 5 | Other contact hours: |  | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 40        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Maximum enrolment (for information only):</b> 36<br><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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |   |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 362**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 3**
**Learning Outcomes**

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

1. Describe the acute and chronic adaptations of bodily systems to submaximal and maximal exercise.
2. Examine the control of and regulation of metabolic pathways during exercise
3. Describe the process of recovery from exercise
4. Calculate work, power, max V<sub>O2</sub>, and respiratory volumes
5. Describe the physiological (neuromuscular, cardiovascular, respiratory, and humoral) response to submaximal exercise
6. Demonstrate the functional capacity of the physiological systems and their impact on human performance
7. Discuss the influence of the environment on human performance

**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)**

Lecture, small group review, case studies (calculations)

**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. McArdle, W.D., Katch, F.I., Katch, V.L. | Exercise Physiology: Nutrition, Energy, and Human Performance, 8 <sup>th</sup> ed. | <input checked="" type="checkbox"/> | Wolters Kluwer | 2014 |
| 2.                                         |                                                                                    | <input type="checkbox"/>            |                |      |
| 3.                                         |                                                                                    | <input type="checkbox"/>            |                |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                    |     |              |   |                   |     |            |    |
|--------------------|-----|--------------|---|-------------------|-----|------------|----|
| Final exam:        | 40% | Assignments: | % | Midterm exam (2): | 50% | Practicum: | %  |
| Quizzes/tests (6): | 10% | Lab work:    | % | Field experience: | %   | Shop work: | %  |
|                    |     | Other:       | % | Other:            | %   | Total:     | 0% |

**Details (if necessary):**

**Typical Course Content and Topics**

1. Introduction of Exercise Physiology
  - 1.1 historical perspective
  - 1.2 homeostasis: dynamic
2. Bioenergetics
  - 2.1 control of bioenergetics:
    - 2.1.1 phosphagens
    - 2.1.2 glycolysis
    - 2.1.3 mitochondrial respiration
  - 2.2 exercise metabolism
    - 2.2.1 rest-to-exercise transition
    - 2.2.2 intensity and duration
    - 2.2.3 fuel utilization and selection
  - 2.3 recovery from exercise
3. Measurement of Energy, Work and Power
  - 3.1 ergometry
    - 3.1.1 calculation of work during treadmill and cycle ergometry
  - 3.2 measurement of energy expenditure
  - 3.3 caloric equivalent of oxygen
  - 3.4 exercise efficiency
4. The Muscular System
  - 4.1 motor unit
    - 5.1.1 gradation of force
    - 5.1.2 muscle fibre type
    - 5.1.3 force-velocity relationship
  - 4.2 muscle fatigue

**5. Pulmonary Ventilation**

- 5.1 gas analysis for detection of the anaerobic threshold
- 5.2 respiratory exchange ratio
- 5.3 respiratory limitations to exercise

**6. Cardiovascular System**

- 6.1 review the cardiac cycle and blood flow
- 6.2 hemodynamics
  - 6.2.1 calculation of total peripheral resistance, cardiac output, application of the Fick equation
- 6.3 circulatory response to exercise
  - 6.3.1 acute and chronic adaptations in response to submaximal exercise
  - 6.3.2 acute and chronic adaptations in response to maximal exercise
- 6.4 maximal oxygen consumption
  - 6.4.1 calculation of work and oxygen cost
  - 6.4.2 calculation of efficiency

**7. Acid-Base Regulation**

- 7.1 acid-base buffering system
- 7.2 respiratory involvement

**8. Exercise and the Environment**

- 8.1 heat and cold
- 8.2 altitude
- 8.3 pollution



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 363                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Lab-Based Exercise Physiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Deals with laboratory-based measurements of the functional capacity associated with various physiological systems, including the muscular, cardiovascular, respiratory, and nervous systems.<br><br>Note: Students with credit for KPE 363 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | KIN 362.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prel/corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Equivalent Courses (cannot be taken for additional credit)</b><br>Former course code/number: <b>KPE 363</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 363</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OReg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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: right;">15</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">10</td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">20</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 15 | Seminars/tutorials/workshops | 10 | Laboratory hours | 20 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 20        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once per year                                                                                                                                                                                                                                                                                                                                                        |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |    |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 363**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

- Explore data collection methods in Kinesiology (e.g. test protocols, specialized equipment)
- Explain the theory of signal conversion to meaningful physiological variables
- Set up, calibrate, collect and interpret
  - o EMG data
  - o ECG data
  - o pulmonary data
- Collect arterial blood pressure data at rest and during exercise, understanding postural effects
- Set up, calibrate, and collect metabolic and gas data to determine maximal aerobic power
- Determine the influence of environment (e.g. heat simulated altitude) on cardiorespiratory response to exercise

**Prior Learning Assessment and Recognition (PLAR)**

☐ Yes ☒ No, PLAR cannot be awarded for this course because of the applied and practical lab components,

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lab, lecture

**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.                         | Course pack                               | <input type="checkbox"/> |           |      |
| 2.                         | Laboratory manual for Exercise Physiology | <input type="checkbox"/> |           |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                |     |              |     |               |     |        |      |
|----------------|-----|--------------|-----|---------------|-----|--------|------|
| Quizzes/tests: | 40% | Assignments: | 40% | Case Studies: | 20% | Total: | 100% |
|----------------|-----|--------------|-----|---------------|-----|--------|------|

**Typical Course Content and Topics**

1. Biometrics
  - a. Instrument range, sensitivity, linearity, hysteresis, frequency response
  - b. Signal-to-noise ratio
  - c. Basic electricity and safety measures
  - d. Computer data collection, signal input and A/D conversion
2. Neuromuscular Function (e.g. EMG)
  - a. Electrode placement and skin preparation
  - b. Recording muscle potentials (EMG)
  - c. Analysis and interpretation of EMG signal
  - d. Application of EMG (e.g. muscle activation during sit-ups and curl-ups)
3. ECG
  - a. Three vs 12 lead ECG's
  - b. R-R interval frequency
  - c. ECG interpretation
4. Pulmonary Function
  - a. Measuring static volumes
  - b. Measuring dynamic volumes
  - c. Measuring pulmonary response to exercise and environmental changes
  - d. Changes in dynamic volume following exercise
5. Arterial Blood Pressure
  - a. Measurement techniques
  - b. Orthostatic effects
  - c. Exercise effects
6. Maximal Aerobic Power
  - a. Metabolic equations
  - b. Use of a metabolic cart
    - i. Calibration
    - ii. Theory
    - iii. Assessing metabolic and aerobic response to exercise and environmental changes
  - c. Different VO<sub>2</sub> values with different exercise modes
  - d. Different testing protocols



**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 365                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Physical Growth and Motor Development                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Growth & Motor Development                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>An overview of the impact that growth and maturation have on the development of motor skills from conception through to old age. This course takes a lifespan perspective.</p> <p>Note: Students with credit for KPE 365 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | KIN 170 or BIO 111. Note: As of January 2019, prerequisites will change to: C+ or better in KIN 170 or BIO 111.                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 265, KPE 365</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 165 or KPE 265</b><br><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><br>Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>Transfer credit requested (OReg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 60</b><br><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: right;">33</td></tr> <tr><td>Seminars/tutorials/workshops/activities</td><td style="text-align: right;">6</td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">18</td></tr> <tr><td>Field experience hours</td><td style="text-align: right;">3</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: right;"><b>60</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 33 | Seminars/tutorials/workshops/activities | 6 | Laboratory hours | 18 | Field experience hours | 3 | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>60</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 33        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops/activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 6         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 18        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 3         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>60</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                                         |   |                  |    |                        |   |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 365**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Define lifespan motor development
2. Discuss the normal course of physical growth and maturation and relate these processes to the development of motor skills
3. Describe human responses to exercise from a developmental perspective
4. Describe intratask and intertask developmental sequences for movement skills, from reflexive movements through fundamental movement patterns to sport specific skills
5. Explain the development of cognition and its influence on the performance of motor skills
6. Describe the psycho-physiological process of aging and the effect of this process on movement capabilities
7. Assess the physical growth and maturation characteristics of children and the developmental level for each component of the fundamental movement patterns

**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)**

Lecture, demonstration, small group practice, discussion, audiovisual presentation, observation, laboratory experiences

**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.                         |                                                                              |                                     |                |      |
| 2.                         | Haywood, K.M. & Getchell, N. Lifespan Motor Development, 6 <sup>th</sup> ed. | <input checked="" type="checkbox"/> | Human Kinetics | 2014 |
| 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:          | 30% | Assignments: | %   | Midterm exam (2x20%): | 40% | Practicum: | %    |
| Quizzes (lab 2x10%): | 20% | Lab work:    | 10% | Field experience:     | %   | Shop work: | %    |
| Other:               | %   | Other:       | %   | Other:                | %   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. An introduction to motor development
2. Theoretical perspectives of motor development
3. The influence of physical growth and maturation on motor skill acquisition
4. Prenatal growth
5. Prenatal development concerns
6. Postnatal growth
7. Development and aging of body systems
8. External factors in development
9. Early motor behaviour
10. Motor milestones / laws of motion
11. Changes in motor skill patterns
12. Sensory system development
13. Perceptual motor development



ORIGINAL COURSE IMPLEMENTATION DATE: September 2008  
 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 366                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <b>Course Full Title:</b> Applied Counseling Skills for Fitness Professionals                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Counsel Skills for Fitness                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <b>Calendar Description:</b><br><p>Studies the application of basic applied counseling skills used by consultants, instructors, and professionals in the fitness industry. Introduces students to various theories and methods of counseling with an emphasis placed on behavioral change models. Combines theory and the practical application of these theories reflecting the context of the fitness professional.</p> <p>Note: Students with credit for KPE 366 cannot take this course for further credit.</p>                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | Admission to the Bachelor of Kinesiology degree and 54 university-level credits including KIN 266. Note: As of January 2019, prerequisites will change to: Admission to the Bachelor of Kinesiology degree and 60 university-level credits including KIN 266.<br>Note: Students who have declared a Kinesiology minor can contact the department for permission to register.                                                                                                                                          |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <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><br>Former course code/number: <b>KPE 366</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 366</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i><br><b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> annually |  |
| 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>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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |

**KIN 366**

**University of the Fraser Valley Official Undergraduate Course Outline**

**Page 2 of 2**

**Learning Outcomes**

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

1. Analyze, investigate and assess psychological effects in sport and physical activity/exercise.
2. Describe practical implications for individuals pursuing a healthy lifestyle.
3. Develop skills and practical capabilities in counselling.
4. Develop an ability to communicate effectively on the topic and with those involved.
5. Produce effective fieldwork research reports.

**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)**

Lecture, class discussion, research, role playing, real life scenario debriefing, self-evaluation

**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. | Egan, G. & Schroeder.W.    | The Skilled Helper, 1 <sup>st</sup> Canadian Edition | <input checked="" type="checkbox"/> | Nelson Books | 2009 |
| 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.)**

Video tape and monitor, reserve readings

**Typical Evaluation Methods and Weighting**

|                        |     |              |     |                   |   |            |      |
|------------------------|-----|--------------|-----|-------------------|---|------------|------|
| Final exam:            | %   | Assignments: | 40% | Midterm exam:     | % | Practicum: | %    |
| Quizzes/tests (2x25%): | 50% | Lab work:    | %   | Field experience: | % | Shop work: | %    |
| Small Assignment sets: | 10% | Other:       | %   | Other:            | % | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

- Session 1: Introduction  
Review and overview  
Theories of counselling  
The role of counselling in the health care profession
- Session 2: The helping relationship
- Session 3: Ownership/responsibility  
Personalizing/deficits
- Session 4: Structuring sessions  
False deficits
- Session 5: Telling the story/new perspectives  
Probing and summarizing
- Session 6: Problem-solving/action planning  
Preparing for action
- Session 7: Maintaining change  
Integration of two styles
- Session 8: When maintenance fails  
Decision-making
- Session 9: Weight management
- Session 10: Advanced skills  
Managing referrals



**ORIGINAL COURSE IMPLEMENTATION DATE:** January 1994  
**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 368                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Advanced Motor Learning and Control                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Adv Motor Learning & Control                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>An in-depth consideration of the principles of motor learning and control with applications drawn to the teaching of motor skills in physical education, sport, and other physical activity situations.<br><br>Note: Students with credit for KPE 368 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | KIN 268.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 264, KPE 368</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 264, KPE 368</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 60</b><br><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 style="text-align: center;">15</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>60</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 45 | Seminars/tutorials/workshops |  | Laboratory hours | 15 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>60</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 45        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>60</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Maximum enrolment (for information only):</b> 36<br><br><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. Describe effective research methodology and the links between theory, experimentation and practice
2. Discuss various theories and models proposed to explain the process and nature of learning
3. Explain the structure and function of human memory
4. Structure an environment that will, from a theoretical perspective, optimize motor learning and performance
5. Identify the elements of neuro-muscular integration which evolve from the learning process and form the basis for human motor control
6. Explain components of the central nervous system and the effects of disease on these structures
7. Demonstrate ability to conduct experiments in motor learning and control in a laboratory setting

**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)**

Lecture, laboratories, demonstrations, small group practice, discussion, audiovisual presentation

**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. | Schmidt, R.A. & Wrisberg, C.A.     | Motor Learning and Performance                             | <input checked="" type="checkbox"/> | Human Kinetics | 2004 |
| 2. | Magill, R.A.                       | Motor Learning Concepts and Applications                   | <input checked="" type="checkbox"/> | McGraw-Hill    | 2001 |
| 3. | Shumway-Cook, A. & Wollacott, M.H. | Motor Control: Translating Research into Clinical Practice | <input checked="" type="checkbox"/> | Wolters Kluwer | 2012 |
| 4. |                                    | Course pack of required readings for labs                  | <input type="checkbox"/>            |                |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                |     |              |     |                   |     |            |      |
|----------------|-----|--------------|-----|-------------------|-----|------------|------|
| Final exam:    | 30% | Assignments: | 20% | Midterm exam:     | 20% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | 30% | Field experience: | %   | Shop work: | %    |
| Other:         | %   | Other:       | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. Introduction to motor learning
  - a. the scientific approach to understanding motor skill learning
    - i. scientific method
    - ii. measurement issues
  - b. the nature of the learning process
    - i. models of motor learning
    - ii. research and the stage of learning concept
  - c. theoretical perspectives on learning
    - i. behaviourist Perspectives
    - ii. cognitive Perspectives
    - iii. dynamic Perspectives
  - d. transfer of learning
    - i. definitions
    - ii. measuring Transfer
    - iii. theoretical basis of transfer
  - e. memory
    - i. models of memory
    - ii. process of forgetting
    - iii. process of retention
  - f. attention
    - i. models of attention
    - ii. decision-making and attention
    - iii. response preparation

2. Structuring the learning environment
  - a. pre-performance considerations
    - i. verbal instructions
    - ii. use of observational learning techniques
  - b. performance considerations
    - i. organizational variables
      - variety
      - amount
      - spacing
    - ii. specificity of practice
    - iii. fatigue
    - iv. mental rehearsal
  - c. post-performance considerations
    - i. augmented information feedback
3. Motor control
  - a. structure and function of the nervous system
    - i. neuroanatomy
    - ii. neurophysiology
  - b. models of human movement control
    - i. open and closed-loop systems
    - ii. theories of movement control
  - c. sensory-perceptual influences on movement control
  - d. motor control theory applications



ORIGINAL COURSE IMPLEMENTATION DATE: September 2003  
 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 371                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Introduction to Athletic Injuries                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Intro to Athletic Injuries                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>Introduces students to the role of the athletic trainer in the prevention, recognition, and immediate care of a wide spectrum of common athletic injuries and health problems that may affect performance. In-class laboratory sessions emphasize anatomy and the principles and techniques of basic musculoskeletal assessment and athletic taping.</p> <p>Note: Students with credit for KPE 371 cannot take this course for further credit.</p>                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | Admission to the Bachelor of Kinesiology degree and 54 university-level credits including KIN 170. Note: As of January 2019, prerequisites will change to: Admission to the Bachelor of Kinesiology degree and 60 university-level credits including KIN 170.<br>Note: Students who have declared a Kinsiology minor can contact the department for permission to register.                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 271, KPE 371</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 271, KPE 371</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 60</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Lecture hours</td> <td style="text-align: center;">40</td> </tr> <tr> <td>Seminars/tutorials/workshops</td> <td></td> </tr> <tr> <td>Laboratory hours</td> <td style="text-align: center;">20</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>60</b></td> </tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 40 | Seminars/tutorials/workshops |  | Laboratory hours | 20 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>60</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 40        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 20        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>60</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Maximum enrolment (for information only):</b> 36<br><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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 371**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 3**
**Learning Outcomes**

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

1. Describe the role of the athletic trainer in the recognition and acute care of common athletic injuries.
2. Explain the mechanisms of injury and preventative measures.
3. Identify the steps involved in the recognition, acute care, and rehabilitation of common athletic injuries and conditions.
4. Describe the healing process in relation to common athletic injuries and care.
5. Demonstrate proficiency in the application of several basic taping techniques.

**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)**

Lecture, audio-visual, class discussion, laboratory sessions, group presentation.

**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. Prentice, W.E.          | Principles of Athletic Training: A Competency-Based Approach | <input checked="" type="checkbox"/> | McGraw-Hill | 2014 |
| 2.                         |                                                              | <input type="checkbox"/>            |             |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Athletic tape (\$2.25 per roll)

**Typical Evaluation Methods and Weighting**

|                |     |                     |     |                   |     |            |      |
|----------------|-----|---------------------|-----|-------------------|-----|------------|------|
| Final exam:    | 30% | Assignments:        | 7%  | Midterm exam:     | 20% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work (3 exams): | 30% | Field experience: | %   | Shop work: | %    |
| %              |     | Presentation:       | 13% | Other:            | %   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

Introduction to athletic training

- the athletic trainer and trainer concerns
- the training program, scope of practice

Injury prevention

- conditioning and training
- protective sports devices

Emergency action plan

- role of the athletic trainer
- injury evaluation (generic onsite/offsite), assessment procedures and techniques
- vital signs

Mechanism of injury

- soft tissue
- bone and joint

Healing and follow-up care

- three phases (soft tissue)
- rehabilitation (phases)
- introduction to rehabilitation modalities
- components of a rehab program

Ankle sprains

- recognition and acute care
- rehabilitation, cryotherapy, and home care
- taping and strapping

**Regional anatomy, injuries and conditions, and treatment/rehab**

- foot and lower leg
- knee
- thigh, hip, groin and pelvis
- head /concussions
- shoulder
- elbow and wrist/hand

**Taping**

- general objectives and considerations
- generic taping procedures and use
- tensor application
- ankle (closed and open demonstration)
- achilles tendon
- longitudinal arch
- knee demonstration (students not responsible for knee taping)
- wrist (hyperextension and hyperflexion)
- thumb (contact and non-contact)
- groin (hip spica demonstration)



**ORIGINAL COURSE IMPLEMENTATION DATE:** May 2007  
**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 399                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |            | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> International Experience in Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> International Experience                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |            | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>This course helps students develop knowledge, skills, and perspectives necessary to live and work in an increasingly global environment. Students are provided instruction in human movement or related topics supporting increased breadth of knowledge in kinesiology during study abroad opportunities.</p> <p>Students with credit for KPE 399 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                     |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |            | Admission to the Bachelor of Kinesiology degree program and 45 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><br>Former course code/number: <b>KPE 399</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 399</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OReg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 100</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr><td>Directed Learning</td><td style="text-align: right;">20</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 style="text-align: right;">80</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: right;"><b>100</b></td></tr> </table> |            | Directed Learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 20 | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours | 80 | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>100</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Directed Learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 20         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 80         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>100</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |            | <b>Maximum enrolment (for information only):</b> 18<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 399**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Explain the complexities of a different culture.
2. Describe different international learning practices.
3. Analyse human movement from an international perspective.
4. Apply international experiences to overall study/career planning.
5. Illustrate professional and international learning through creative and summative writing experiences.

**Prior Learning Assessment and Recognition (PLAR)**

☐ Yes      ☒ No, PLAR cannot be awarded for this course because it is a guided learning experience involving classes and a set curriculum in a foreign country.

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Typical instruction methods may vary across the individual international experience, examples of methods may include guest lectures, field trips, international practicums, reflective journaling, case based study, and preparatory resources (lesson plans, fitness plans, and acquired knowledge of international destination).

**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.                         |                                      | <input type="checkbox"/> |           |      |
| 2.                         | UFV Article Access or Course pack    | <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:    | % | Assignments: | 35% | Midterm exam:     | %   | Practicum: | %    |
| Quizzes/tests: | % | Lab work:    | %   | Field experience: | 65% | Shop work: | %    |
| Other:         | % | Other:       | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):** Students will be graded on a Credit/No-credit basis. Decisions concerning credit will be made upon review of their completed Study Plan, and journal.

**Typical Course Content and Topics**

- The content of the International Study Tour plan will vary for each study abroad experience.
- The instructor will identify learning objectives and develop the International Study Tour plan to meet those objectives.
- Evaluation details will be provided at the instructor's discretion, specific to the international experience.
- Study Tour experiences could include student participation in international courses, conferences and workshops.
- Volunteer experiences abroad may also be considered if it compliments and enriches a student's program of study and has clearly defined learning objectives.
- The course intent is to encourage and facilitate study abroad in a meaningful, academically sound way that will enable students to have their international experience recognized as a valuable component of their education and to have that recognition reflected in their transcripts.

**Memo for Course Changes – 400 Level Course Reviews**

To: UEC

From: Amber Johnston – Chair, Kinesiology Curriculum Committee

Date: October 10<sup>th</sup> 2017

**Subject: Proposal for revision of 400-Level Course Reviews (see table below for details)**

1. Summary of changes (select all that apply):
  - ☒ **Six-year review**
  - ☒ **Number and/or course code – all courses have a prefix change from KPE to KIN**
  - ☒ **Credits and/or total hours**
  - ☒ **Title**
  - ☒ **Calendar description**
  - ☐ Prerequisites and/or co-requisites
  - ☒ **Frequency of course offering**
  - ☒ **Learning outcomes**
  - ☒ **Delivery methods and/or texts and resource materials**
  - ☒ **PLAR options, grading system, and/or evaluation methods**
  - ☐ Discontinuation of course
  - ☒ **Other – Please specify:** organization of content
2. Rationale for change: complete course revisions of all Kinesiology courses
3. If there are substantial changes to the learning outcomes, explain how they align with the learning outcomes of the program(s): **any learning outcomes updated to reflect ILO's and strategic outcomes of the institution. Also learning outcomes were updated to reflect current language requested by UEC.**
4. Is this course required by any program beyond the discipline? If so, how will this change affect that program or programs? **N/A**
5. Which program areas have been consulted about the change(s)? **N/A**
6. What consideration has been given to indigenizing the curriculum?
  - Indigenization will occur in the following ways**
    - Ensuring that all students see themselves and their realities reflected in the material;
    - Through the legitimization of different ways of learning, teaching, and knowing;
    - Establishing rapport between students and with instructors;
    - Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;
    - Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.

7. If this course is not eligible for PLAR, explain why: **N/A**
8. If any of the following items on the official course outline have changed, explain how the change will affect the budget for your area or any other area: **N/A**
  - a. Credit value
  - b. Class size limit
  - c. Frequency of offering
  - d. Resources required (labs, equipment)
9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **N/A**
10. Estimate of the typical costs for this course, including textbooks and other materials:  
**Textbook cost ranges between 100-250\$**

**Table 1. Specific Revisions to each course**

| <b>Course Code and Title</b>                                          | <b>Revisions</b>                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>KIN 401 - Undergraduate Thesis I</b><br><b>*formerly KPE 450c</b>  | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• renumerated to 401</li> <li>• minor edit to calendar description</li> <li>• clean up and update for learning outcomes</li> <li>• minor edit to instructional methods</li> <li>• edit to instructional hours (120-45)</li> </ul>                              |
| <b>KIN 402 – Undergraduate Thesis II</b><br><b>*Formerly KPE 450d</b> | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• update to calendar description</li> <li>• possible renumeration</li> <li>• clean up and update for learning outcomes</li> <li>• update to text/course pack readings</li> <li>• evaluation updated</li> <li>• edit to instructional hours (120-45)</li> </ul> |
| <b>KIN 435 – Ergonomics/Occupational Biomechanics</b>                 | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Learning outcomes updated</li> <li>• Textbook and content updated</li> <li>• Evaluation updated</li> </ul>                                                                                                                                                   |
| <b>KIN 451 Program Planning for Health Promotion</b>                  | <ul style="list-style-type: none"> <li>• prefix change KPE to KIN</li> <li>• program change to Kinesiology</li> <li>• name change</li> <li>• Learning outcomes cleaned up and updated</li> <li>• edit to calendar description</li> <li>• readings and content updated</li> </ul>                                                                                                   |

|                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| KIN 455 – Professional Experience in Kinesiology                  | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Learning outcomes cleaned up and updated</li> <li>• Edit to calendar description</li> <li>• Content and evaluation updated</li> </ul>                                                                                                                                                     |
| KIN 460 – Macronutrients: Applications to Sport and Disease       | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Learning outcomes cleaned up and updated</li> <li>• Edit to calendar description</li> <li>• Edit to instructional hours</li> <li>• Short title added</li> <li>• Edit to offering (once every other year)</li> <li>• Readings updated</li> <li>• Content and evaluation updated</li> </ul> |
| KIN 461 – Vitamins and Minerals: Application to Sport and Disease | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Learning outcomes cleaned up and updated</li> <li>• Edit to calendar description</li> <li>• Edit to instructional hours</li> <li>• Short title added</li> <li>• Edit to offering (once every other year)</li> <li>• Readings updated</li> <li>• Content and evaluation updated</li> </ul> |
| KIN 462 – Advanced Exercise Testing and Prescription              | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Name change (clean up)</li> <li>• Edit to calendar description</li> <li>• Learning outcomes cleaned up and updated</li> <li>• Reading and content updated</li> </ul>                                                                                                                      |
| KIN 463 – Advanced Clinical Exercise Therapy                      | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Name change</li> <li>• Edit to prerequisites</li> <li>• Update on instructional hours</li> <li>• Learning outcomes cleaned up and updated</li> <li>• Evaluation and content updated</li> </ul>                                                                                            |
| KIN 465- Adapted Physical Activity                                | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Edit to calendar description</li> <li>• Learning outcomes cleaned up and updated</li> <li>• Readings, evaluation, and content updated</li> </ul>                                                                                                                                          |
| KIN 466 – Psychological Skills for Sport and Life                 | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Minor edit to calendar description</li> <li>• Learning outcomes cleaned up and updated</li> </ul>                                                                                                                                                                                         |

|                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                              | <ul style="list-style-type: none"> <li>• Readings, content, and evaluation updated</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| KIN 470                      | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• Minor edit to calendar description</li> <li>• Learning outcomes updated</li> <li>• Readings and content updated</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| KIN 481                      | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Title change to reflect specific to Ethics in Health Sciences</li> <li>• Course calendar description updated</li> <li>• Prerequisites changed – due to this being proposed in the new program changes as a mandatory course requirement, the prerequisites have been changed to ensure that Kinesiology program students have priority with registration; then if seats are still available, students from other programs can still register</li> <li>• Textbooks and readings updated</li> <li>• Course outcomes updated</li> <li>• Content and evaluation – updated and organized/cleaned up</li> </ul> |
| KIN 499<br>*formerly KPE 490 | <ul style="list-style-type: none"> <li>• Prefix change KPE to KIN</li> <li>• Program change to Kinesiology</li> <li>• renumeration to 499 to match with new 299</li> <li>• Minor calendar description edit</li> <li>• Edit in instructional hours breakdown</li> <li>• Addition in prerequisites (as per UEC)</li> <li>• Updated outcomes (advanced)</li> <li>• Content and readings updated</li> </ul>                                                                                                                                                                                                                                                                                |

**CWC comments and responses:**

**KIN 401:**

- Rationale is needed for the decrease in course hours.  
*Hours were changed to reflect the more realistic amount of hours and expected time from student for the work involved with this course.*
- Can any sample texts and course content be provided?  
*No, as this varies cross supervisor and topic of research/study chosen between the supervisor and student. This will mostly include peer reviewed article sources and related resources to the topic.*

**KIN 402:**

- Prerequisites: has the department considered requiring a minimum letter grade for KIN 401?  
*Students who usually chose this path do well, there doesn't seem to be a need at this point for a required minimum letter grade unless deemed necessary by UEC or OReg.*
- Instructional hours: does "student directed learning" mean meeting with a supervisor 3 hrs/week?  
*Student directed learning can vary - this can mean student is responsible for a particular case/problem solving, or student self scheduling, self monitoring, self guided learning/reading/research and or self management for time/organization or related.*
- Rationale is needed for the decrease in course hours.  
*See note above for 401.*
- Can any sample texts and course content be provided?  
*No, see 401 above.*

**KIN 455:**

- Is the note in the prerequisites necessary? Suggest deleting this.  
*Yes this is necessary, students must be in program, otherwise students could register and 'technically' graduate from degree without being in program. It was a suggested change a few years ago to ensure students are in program before graduation/last year, and to ensure no one can work through the degree without actually being a KIN degree student.*

**KIN 460:**

- Are the prerequisites sufficient for this course? (A student might be able to take this in the second semester of their first year.)  
*This was discussed with the department head and course instructor; this has not been a problem to date. The instructor sends an email out prior to start of term ensuring students are prepared for the demands of the course and the material covered. Students do generally well, and if the off change a student in the beginning of their second year registers they have done OK in that case. No need to change unless UEC or Oreg deem necessary --- and if so, are all upper level courses consistent with this?*

**KIN 461:**

- Are the prerequisites sufficient for this course? (A student might be able to take this in the second semester of their first year.)  
*See above comment for 460.*

**KIN 463 and KIN 465:**

- Instructional hours: UEC may question “student directed learning”. Can this be further explained?  
*Student directed learning can vary - this can mean student is responsible for a particular case/problem solving, or student self scheduling, self monitoring, self guided learning/reading/research and or self management for time/organization or related.*

**KIN 499:**

- Why is KIN 499 being used rather than KIN 490 (current course is KPE 490)?  
*We have renumerated this course to 499 rather than 490 to keep consistent with the new lower level special topics 299 that has been proposed, that way there is a 299/499 for special topics and creates some calendar consistency. Once 499 has been approved 490 will be removed from calendar course description.*
- Instructional hours: what does “Other contact hours: applied” mean?  
*Changed to student directed learning - student directed learning can vary - this can mean student is responsible for a particular case/problem solving, or student self scheduling, self monitoring, self guided learning/reading/research and or self management for time/organization or related.*
- Can any sample texts and course content be provided?  
*Each letter designation and sub topic will vary. There are example course outlines that give more detail of each topic and content breakdown that are reviewed by the CC before the special topics is offered.*



ORIGINAL COURSE IMPLEMENTATION DATE: September 2006  
 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 401                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <b>Course Full Title:</b> Undergraduate Thesis I                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <b>Calendar Description:</b><br>Each student, with the guidance of a faculty advisor, develops a research proposal and obtains ethics approval. The student completes a literature review and writes the introduction and methods section of their undergraduate thesis. This course is designed to provide insight into research design and experimentation.<br><br>Note: Students with credit for KPE 450C cannot take this course for further credit.                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | Admission to the Bachelor of Kinesiology degree, 75 university-level credits, and written consent of faculty advisor.                                                                                                                                                                                                                                                                                                                                                                                                         |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <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><br>Former course code/number: <b>KPE 450C</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 450c</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td></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: student directed learning</td><td style="text-align: center;">45</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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: student directed learning | 45 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input checked="" type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| Other contact hours: student directed learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 45        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Maximum enrolment (for information only):</b> 30<br><br><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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |

**KIN 401**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Create a research proposal consolidating concepts and tools from previous courses.
2. Apply research design through the development of a research proposal.
3. Complete a literature review on selected research topic.
4. Complete the approval process through UFV ethics.

**Prior Learning Assessment and Recognition (PLAR)**

☐ Yes ☒ No, PLAR cannot be awarded for this course due to program graduation requirements

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Students select a project with a faculty advisor, work on their own, provide progress reports, and consult with appropriate faculty if necessary. At the end of the semester, students submit a completed research ethics form, a literature review, introduction and research methods and are expected to present their research ethics for approval.

**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 articles and readings relevant to the research topic | <input 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:          | %   | Assignments:       | %   | Midterm exam:     | %   | Practicum:        | %    |
| Quizzes/tests:       | %   | Lab work:          | %   | Field experience: | %   | Shop work:        | %    |
| Research ethics:     | 15% | Literature review: | 40% | Introduction:     | 10% | Research methods: | 25%  |
| Ethics presentation: | 10% | Other:             | %   | Other:            | %   | Total:            | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

Self-directed study to include the following elements:

1. Research ethics
2. Literature review
3. Introduction
4. Research methods
5. Ethics presentation



ORIGINAL COURSE IMPLEMENTATION DATE: January 2007  
 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 402                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Undergraduate Thesis II                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>A continuation of KIN 401. Students carry out a research project, collect and organize data, analyze data, and complete a research paper.<br><br>Note: Students with credit for KPE 450D cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | KIN 401 (formerly KPE 450C).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 450D</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 450D</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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></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: student directed learning</td><td style="text-align: center;">45</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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: student directed learning | 45 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours: student directed learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 45        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Maximum enrolment (for information only):</b> 30<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> twice per year                                                                                                                                                                                                                                                                                                                                                       |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 402**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Collect data for proposed research project.
2. Apply concepts and tools to the research project.
3. Compile and analyze research results.
4. Present research results in an open forum.

**Prior Learning Assessment and Recognition (PLAR)**

☐ Yes ☒ No, PLAR cannot be awarded for this course because this is continuation of a 401 project with a faculty supervisor within the program, which is required for program graduation requirements.

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Students select a project with a faculty advisor, work on their own, provide progress reports, and consult with appropriate faculty if necessary. At the end of the semester, students submit a completed, bound research paper for deposit in the UFV library. The paper will have an abstract, literature review, introduction, research methods, results, discussion, practical application and reference section.

**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.                         | Articles and readings relevant to the research topic | <input 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:           | %   | Assignments (presentation and practical application): | 20% | Midterm exam:     | %   | Practicum: | %    |
| Quizzes/tests:        | %   | Lab work:                                             | %   | Field experience: | %   | Shop work: | %    |
| Results & discussion: | 30% | Data Collection & Analysis:                           | 30% | final product:    | 10% | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

Content is specific to student's research project. Most often this will be a continuation of the student's literature review and proposal completed in KIN 401. Items could include analysis, results and discussion sections as well as a student presentations and research posters.



**ORIGINAL COURSE IMPLEMENTATION DATE:** September 2001  
**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 435                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Ergonomics and Occupational Biomechanics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Ergonomics/Occupation Biomech                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>Explores human factors as they relate to human-machine interactions in the workplace, and includes an examination of the physical work environment, adaptation of the environment and equipment to the worker to enhance worker comfort, equipment design, and the tasks involved in an ergonomic assessment of the workplace.</p> <p>Note: Students with credit for KPE 435 cannot take this course for further credit.</p>                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | KIN 215.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 435</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 435</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| 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>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

KIN 435

University of the Fraser Valley Official Undergraduate Course Outline

Page 2 of 2

**Learning Outcomes**

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

1. Describe the anatomical and anthropometrical factors and how they relate to ergonomic design.
2. Apply and measure physiological and psycho-social factors related to the work environment.
3. Critique and evaluate ergonomically appropriate solutions related to the work place.
4. Explain the mind-body-environment relationship and its effect on workplace safety and productivity..
5. Examine and evaluate solutions to various workplace settings.
6. Describe the role of and learn how to use assessment tools in ergonomics.
7. Explain the pathogenesis of and apply preventative measures for commonly encountered workplace musculo-skeletal injuries.

**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, group work, field work.

**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. McCauley Bush, P.       | Ergonomics, Foundational Principles, Applications, and Technologies | <input checked="" type="checkbox"/> | CRC Press | 2012 |
| 2. Bridger, R.S.           | Introduction to Ergonomics                                          | <input checked="" type="checkbox"/> | CRC Press | 2009 |
| 3.                         |                                                                     | <input type="checkbox"/>            |           |      |
| 4.                         |                                                                     | <input type="checkbox"/>            |           |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

**Typical Evaluation Methods and Weighting**

|                |     |              |     |                   |     |            |      |
|----------------|-----|--------------|-----|-------------------|-----|------------|------|
| Final exam:    | 25% | Assignments: | 20% | Midterm exam:     | 20% | Practicum: | %    |
| Quizzes/tests: | 15% | Lab work:    | %   | Field experience: | %   | Shop work: | %    |
| Group project: | 20% | Other:       | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

1. Introduction to ergonomics, system design, task analysis, development ergonomic programs  
Body mechanics at work
2. Repetitive tasks and work related musculo-skeletal injuries
3. Manual material handling tasks
4. Information processing, displays and controls, and design of things
5. Anthropometrics
6. Workspace design
7. Physically demanding work  
Psycho-social and organizational factors, shiftwork
8. Environmental factors  
Human error, accidents and safety
9. Warning labels, instructions and product liability  
Ergonomics research in health care



**ORIGINAL COURSE IMPLEMENTATION DATE:** January 2001  
**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 451                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Program Planning for Health Promotion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Prgm Planning for Health Promo                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Prepares students for planning, implementing, and evaluating health promotion, education, and fitness programming in a variety of settings. Planning theories and strategies are introduced and practically implemented with examples from needs assessments through to evaluating program success.<br><br>Note: Students with credit for KPE 451 cannot take this course for further credit.                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | KIN 360.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 451</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 451</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| 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>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 451**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Identify and describe a variety of health promotion planning models
2. Conduct a needs assessment
3. Develop a health promotion program
4. Analyze approaches to health promotion in a variety of settings
5. Analyze a variety of methods of program evaluation

**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, projects

**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.                         | UFV Article Access or Course pack    | <input 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:          | 25% | Assignments:  | 40% | Midterm exam:     | 25% | Practicum: | %    |
| Quizzes/tests:       | %   | Lab work:     | %   | Field experience: | %   | Shop work: | %    |
| Class Participation: | 5%  | Presentation: | 5%  | Other:            | %   | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

1. Introduction
  - Course summary
  - Key concepts
  - History
2. Epidemiology
  - Health behaviour
  - Adaption model
  - Needs assessment
3. Health Promotion
  - Introduction
  - Precede-proceed model
  - Health promotion initiatives (e.g., Healthy People 2000; Health Canada)
    - a. Workplace
    - b. Schools
    - c. Health care settings
    - d. Communities
4. Evaluation Methods for Health Promotion



**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 455                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |            | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Professional Experience in Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Professional Experience in Kin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |            | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>Provides a professional experience appropriate to the occupational and educational goals of the student. Students carry out their professional experience under the direction of chosen supervisor. Students will understand the breadth of options available for a kinesiology graduate.</p> <p>Note: Students with credit for KPE 455 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                              |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |            | Admission to the Bachelor of Kinesiology degree and 90 university-level credits.<br>Note: No waivers will be provided for admission into this course.                                                                                                                                                                                                                                                                                                                                                                 |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 455</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 455</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 100</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td></td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: center;">20</td></tr> <tr><td>Laboratory hours</td><td></td></tr> <tr><td>Field experience hours</td><td style="text-align: center;">80</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>100</b></td></tr> </table> |            | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  | Seminars/tutorials/workshops | 20 | Laboratory hours |  | Field experience hours | 80 | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>100</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 20         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 80         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>100</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |            | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> twice per year                                                                                                                                                                                                                                                                                                                                               |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                              |    |                  |  |                        |    |                                            |  |                            |  |                      |  |              |            |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 455**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Characterize the role and function of their chosen profession
2. Explain the scope of practice of their chosen occupation
3. Construct a professional resume
4. Prepare for a job interview
5. Explain current and future issues facing their chosen profession

**Prior Learning Assessment and Recognition (PLAR)**

☐ Yes ☒ No, PLAR cannot be awarded for this course because this is a guided experience that acts as a capstone course and is not considered an experience that students would get before having their education

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Seminars will focus on increasing student employability and include guest lecturers, presentations, and mock interviews.

Students are required to complete 80 hours of appropriate guided field work.

**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.                         | Articles and readings relevant to Kinesiology topic | <input 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:            | %   | Assignments: | 80% | Midterm exam:     | % | Practicum: | %    |
| Quizzes/tests:         | %   | Lab work:    | %   | Field experience: | % | Shop work: | %    |
| Supervisor Evaluation: | 20% | Other:       | %   | Other:            | % | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

The course is based primarily on presentations by guest speakers currently in the health science professions, as well as student presentations reflecting their practicum experience. Course content may include: resource and reference folder, resume and cover letter building, reflective practicum journals, completion of practicum and related forms.



ORIGINAL COURSE IMPLEMENTATION DATE: January 2001  
 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 460                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Macronutrients: Applications to Sport and Disease                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Macronutrients                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Covers fundamental concepts related to carbohydrate, protein, and lipid metabolism and their application to practical situations such as eating for athletic performance, and the prevention, management, and treatment of disease. Nutritional supplements and ergogenic aids are also discussed.<br><br>Note: Students with credit for KPE 460 cannot take this course for further credit.                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | KIN 260. Note: One of BIO 201 or KIN 270 recommended                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 460</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 460</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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: right;">30</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">15</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 30 | Seminars/tutorials/workshops | 15 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> every other year                                                                                                                                                                                                                                                                                                                                                 |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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. Explain the concepts of digestibility, and how various factors affect the digestion and absorption of carbohydrates, proteins, lipids, and other nutrients.
2. Describe the major metabolic pathways for the synthesis and utilization of carbohydrates, proteins and lipids.
3. Explain how the major metabolic pathways for the macronutrients are integrated during the fed and fasted state, during starvation, and during athletic activity.
4. Describe the pathogenesis of some of the major chronic diseases and the role of macronutrients in their prevention and treatment.
5. Explore the effects of altering the macronutrient composition of the diet on health and athletic performance.
6. Interpret dietary records and analyses and make suggestions for improvement for increasing athletic performance and decreasing risk of chronic disease.
7. Describe regulations governing the sale of nutritional supplements in North America.
8. Describe the effects of some nutritional supplements on athletic performance and disease.
9. Explain the concept of energy balance and how various factors affect energy intake.
10. Explore the role of energy balance in the development and treatment of obesity, and in athletic performance.

**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, discussion of readings, case studies.

**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. | Gropper, S. & Smith, J.L.  | Advanced Nutrition and Human Metabolism                      | <input checked="" type="checkbox"/> | Cengage Learning | 2013 |
| 2. | Shils, M.E., et.al. (eds)  | Modern Nutrition in Health and Disease                       | <input checked="" type="checkbox"/> | Wolters Kluwer   | 2006 |
| 3. | Burke, L.                  | Practical Sports Nutrition                                   | <input checked="" type="checkbox"/> | Human Kinetics   | 2007 |
| 4. | Maughan, R.J.              | Sports Nutrition                                             | <input checked="" type="checkbox"/> | Wiley and Sons   | 2014 |
| 5. | Lanham-New, S. (ed)        | Sport and Exercise Nutrition                                 | <input checked="" type="checkbox"/> | Wiley-Blackwell  | 2011 |
| 6. |                            | Library reserve readings, readings posted to Blackboard site | <input type="checkbox"/>            |                  |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

**Typical Evaluation Methods and Weighting**

|                |     |              |    |                   |     |            |      |
|----------------|-----|--------------|----|-------------------|-----|------------|------|
| Final exam:    | 40% | Assignments: | %  | Midterm exam :    | 30% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | %  | Field experience: | %   | Shop work: | %    |
| Essay:         | 25% | Debate:      | 5% | Other:            | %   | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

**Introduction, review**

**Digestibility**

- definition/formulas
- factors affecting digestibility'

**Carbohydrates**

- digestions and absorption, glycemic index
- glucose metabolism – pathways of disposal and synthesis
- impaired glucose metabolism – pathogenesis of diabetes
  - o discussion activity – glycemic index and diabetes management
- fuel utilization during exercise
  - o discussion activity – glycemic index and athletic performance

**Supplements, food fortification, functional foods**

- trends and regulations
- uses for sport and disease

**Lipids**

- digestion and absorption
- transport in blood, metabolism – pathways of disposal and synthesis
- pathogenesis of cardiovascular disease (CVD)
- cholesterol metabolism
  - o discussion activity – dietary modification of blood cholesterol levels
- $\omega$ -3 fats – metabolism, potential health benefits
  - o discussion activity – fish oil supplements and athletic performance

**Proteins**

- digestion and absorption
- protein turnover, protein needs for athletes
  - o discussion activity – protein and athletic performance
- amino acid metabolism
  - o discussion activity – amino acid supplements and athletic performance

**Integration of metabolism**

- macronutrient utilization in the fed, fasted, and starvation state, and during exercise

**Energy balance**

- overview, energy intake and expenditure
- obesity and energy balance
- athletic performance and energy balance
  - o discussion activity – making weight, training



ORIGINAL COURSE IMPLEMENTATION DATE: September 2009  
 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 461                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Vitamins and Minerals: Applications to Sport and Disease                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Vitamins and Minerals                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Covers fundamental concepts related to vitamin and mineral metabolism and their application to practical situations, such as eating for sport and physical activity, and the prevention, management, and treatment of disease. Phytochemicals and nutritional supplements are also discussed.<br><br>Note: Students with credit for KPE 461 cannot take this course for further credit.                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | KIN 260. Note: One of BIO 201 or KIN 270 recommended.                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 461</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 461</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OReg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td style="text-align: right;">30</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">15</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 30 | Seminars/tutorials/workshops | 15 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> every other year                                                                                                                                                                                                                                                                                                                                                 |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

**KIN 461**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 3**
**Learning Outcomes**

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

1. Explain the concept of bioavailability, and how various factors affect the absorption, and utilization of vitamins and minerals.
2. Explain the major functions and metabolic pathways for select vitamins and minerals.
3. Describe the pathogenesis of some of the major chronic diseases, and explain the role of micronutrients in their prevention and treatment.
4. Describe some of the effects of inadequate and excessive intakes of micronutrients on health and athletic performance.
5. Interpret dietary records and analyses and make suggestions for improvement for increasing athletic performance and decreasing risk of chronic disease.
6. Explain the importance of adequate hydration and factors influencing fluid and electrolyte balance in sport and disease.
7. Describe regulations governing the sale of nutritional supplements in North America.
8. Describe the effects of some nutritional supplements on athletic performance and disease.
9. Explain the major antioxidant systems in the body and the relationship between antioxidants and disease and athletic performance.

**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, discussion of readings, case studies

**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. Gropper, S. & Smith, J.L. | Advanced Nutrition and Human Metabolism                                                | <input checked="" type="checkbox"/> | Cengage Learning | 2013 |
| 2. Shils, M.E., et.al. (eds) | Modern Nutrition in Health and Disease                                                 | <input checked="" type="checkbox"/> | Wolters Kluwer   | 2006 |
| 3. Burke, L.                 | Practical Sports Nutrition                                                             | <input checked="" type="checkbox"/> | Human Kinetics   | 2007 |
| 4. Maughan, R.J.             | Sports Nutrition                                                                       | <input checked="" type="checkbox"/> | Wiley and Sons   | 2014 |
| 5. Lanham-New, S. (ed)       | Sport and Exercise Nutrition                                                           | <input checked="" type="checkbox"/> | Wiley-Blackwell  | 2011 |
| 6.                           | Library reserve readings, readings posted to the online supplemental (Blackboard) site | <input type="checkbox"/>            |                  |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                |     |              |    |                   |     |            |      |
|----------------|-----|--------------|----|-------------------|-----|------------|------|
| Final exam:    | 40% | Assignments: | %  | Midterm exam:     | 30% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | %  | Field experience: | %   | Shop work: | %    |
| Essay:         | 25% | Debate:      | 5% | Other:            | %   | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**
**Introduction**

- micronutrients and phytochemicals
- review of DRIs

**Micronutrient bioavailability**

- definition
- factors affecting bioavailability

**Supplements and food fortification**

- regulations and policies
- uses and abuses in sport and disease

**Antioxidants**

- oxidative damage and antioxidant defenses – vitamins C and E, Fe, Zn, Cu and Se
- antioxidant phytochemicals – superfoods (berries, chocolate)

**Vitamin E**

- basic biology
- application to disease – antioxidants and CVD
- application to sport – antioxidants and athletic performance

**Vitamin D and calcium (Ca)**

- vitamin D and Ca – basic biology
- application to disease – osteoporosis
- application to sport – female athlete triad
- DRIs for vitamin D – why were they revised?
- Application to disease – cancer

**B vitamins**

- Folate – basic biology
  - Application to disease – neural tube defects, CVD
  - Folate fortification – pros and cons
- B<sub>12</sub> – basic biology
  - Application to disease – dementia, NTDs, CVD
  - B<sub>12</sub> fortification – pros and cons
- B vitamins and athletic performance

**Iron (Fe) (and maybe zinc)**

- Basic biology
- Fe as a pro-oxidant
- Application to disease – hemochromatosis
- Application to sport – athletes and Fe supplements

**Sodium (Na) and Potassium (K) – time permitting**

- Basic biology of electrolytes
- Application to disease – hypertension
- Application to sport – fluid balance/hydration issues in athletes



**ORIGINAL COURSE IMPLEMENTATION DATE:** January 2001  
**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 462                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Advanced Exercise Testing and Prescription                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Adv Exerc Test & Presc                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>Integrates knowledge of exercise physiology and laboratory testing techniques with the practical application of cardiorespiratory fitness, musculoskeletal fitness, body composition, testing, analysis, and prescription.<br><br>Note: Students with credit for KPE 462 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | KIN 362.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 462</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 462</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OReg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 75</b><br><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: right;">33</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">30</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 style="text-align: right;">4</td></tr> <tr><td>Other contact hours: calculations</td><td style="text-align: right;">8</td></tr> <tr><td style="text-align: right;"><b>Total</b></td><td style="text-align: right;"><b>75</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 33 | Seminars/tutorials/workshops |  | Laboratory hours | 30 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities | 4 | Other contact hours: calculations | 8 | <b>Total</b> | <b>75</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 33        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 4         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours: calculations                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 8         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>75</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |   |                                   |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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 ;

1. Explain the role of pre exercise screening.
2. Conduct appropriate tests to measure aerobic and anaerobic fitness.
3. Conduct appropriate tests to measure the functional capacity of the musculoskeletal systems (strength, power, endurance, flexibility).
4. Conduct appropriate tests to measure the body composition.
5. Interpret results from fitness assessment and base exercise prescription upon results.
6. Discuss health related behaviours and their impact on test results.
7. Discuss behavioural change and the benefit on health.
8. Apply training principles in the development of aerobic, anaerobic, muscular strength and endurance, flexibility and weight loss programs.

**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)**

Lecture, small group discussions, case studies, laboratory sessions

**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. Heyward                 | Advanced Fitness Assessment and Exercise Prescription | <input checked="" type="checkbox"/> | Human Kinetics                           |      |
| 2. CSEP                    | Professional Fitness and Lifestyle Consultant         | <input checked="" type="checkbox"/> | Canadian Society for Exercise Physiology |      |
| 3. NSCA                    | Essentials of Strength and Conditioning               | <input checked="" type="checkbox"/> | Human Kinetics                           |      |
| 4.                         |                                                       | <input type="checkbox"/>            |                                          |      |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                |     |              |     |                   |     |            |      |
|----------------|-----|--------------|-----|-------------------|-----|------------|------|
| Final exam:    | 40% | Assignments: | %   | Midterm exam:     | 20% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | 30% | Field experience: | %   | Shop work: | %    |
| Case Study:    | 10% | Other:       | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

1. **Health and Fitness Trends**
  - 1.1 Surgeon General's Report
  - 1.2 Promoting lifelong physical activity
2. **Physical Fitness**
  - 2.1 Components of fitness
3. **Testing Concepts**
  - 3.1 Purpose of each of the following
    - 3.1.1 medical/health screening
    - 3.1.2 cardiovascular screening
    - 3.1.3 informed consent
  - 3.2 fitness testing
  - 3.3 Contraindication to testing
4. **Cardiorespiratory Fitness**
  - 4.1 maximal oxygen consumption
  - 4.2 acute response to exercise
  - 4.3 accurate resting and exercising heart rate and blood pressure
  - 4.4 field tests for cardiorespiratory fitness
  - 4.5 maximal laboratory tests of aerobic capacity
  - 4.6 anaerobic power and capacity tests

5. **Body Composition Testing**
  - 5.1 body composition and health
  - 5.2 testing procedures and limitations of the various techniques
6. **Musculoskeletal Fitness**
  - 6.1 health benefits of musculoskeletal fitness
  - 6.2 prevention and treatment of lower back pain
  - 6.3 field and laboratory measures
7. **Exercise Prescription**
  - 7.1 individualized exercise prescription
  - 7.2 Exercise prescription for developing anaerobic fitness
  - 7.3 Exercise prescription for developing musculoskeletal fitness
  - 7.4 exercise prescription for the purpose of weight loss and weight management
8. **Exercise Prescription for Special Populations**
  - 8.1 Heart Disease
  - 8.2 Obesity
  - 8.3 Diabetes
  - 8.4 Aging
  - 8.5 Psychological Health



**ORIGINAL COURSE IMPLEMENTATION DATE:** September 2001  
**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 463                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Advanced Clinical Exercise Therapy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Adv. Exercise Therapy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | <b>Department (or program if no department):</b> Kinesiology & Physical Education                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>Examines exercise prescription for specific musculo-skeletal and metabolic disorders. Exercise prescriptions for the purpose of improving function and reducing disability are discussed. The role of exercise therapists in the present health care model is also examined.</p> <p>Note: Students with credit for KPE 463 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           | KIN 362.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 463</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 463</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OReg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><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: right;">23</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">16</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: student directed learning</td><td style="text-align: right;">6</td></tr> <tr><td style="text-align: right;"><b>Total</b></td><td style="text-align: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 23 | Seminars/tutorials/workshops | 16 | Laboratory hours |  | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: student directed learning | 6 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 23        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 16        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours: student directed learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 6         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

KIN 463

University of the Fraser Valley Official Undergraduate Course Outline

Page 2 of 3

**Learning Outcomes**

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

1. Describe role of exercise therapy in the treatment and prevention of an individual with musculo-skeletal or metabolic disorders.
1. Identify the educational requirements and scope of practice for an exercise therapist;
2. Prescribe safe and effective exercise programs for common musculo-skeletal disorders;
3. Prescribe safe and effective exercise programs for common metabolic disorders; and
4. Explain the process of healing and tissue repair with relation to musculo-skeletal and metabolic disorders.

**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)**

Lecture, student directed seminars, small group review, case studies

**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. | Ehrman, Gordon, Visich & Keteyian | Clinical Exercise Physiology         | <input checked="" type="checkbox"/> | Human Kinetics | 2013 |
| 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:  | %   | Midterm exam:     | 25% | Practicum: | %    |
| Quizzes/tests:  | %   | Lab work:     | %   | Field experience: | %   | Shop work: | %    |
| Research paper: | 20% | Case studies: | 10% | Discussion:       | 10% | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

1. **Introduction to therapeutic exercise, counselling, risk assessment**
  - a. Definitions
  - b. Scope of practice
  - c. Risk assessment and legal considerations
2. **Exercise Testing**
  - a. Principles of exercise testing
  - b. Normal and abnormal responses to graded exercise tests
3. **Pharmacology**
  - a. Routes of delivery
  - b. Drug classifications
  - c. Drug effects on exercise responses
4. **Obesity and Diabetes**
  - a. Definitions
  - b. Diagnosis
  - c. Prevalence
  - d. Causes
  - e. Health effects
  - f. Exercise testing
  - g. Therapy modes
5. **Metabolic Syndrome**
  - a. Definitions
  - b. Diagnosis
  - c. Prevalence

- d. Causes
- e. Health effects
- f. Clinical considerations

**6. Heart Disease**

- a. Definitions, diagnosis, prevalence, causes, health effects, clinical considerations for:
  - i. Acute syndromes (angina, M.I.)
  - ii. Revascularization
  - iii. Chronic heart failure

**7. Stroke, Peripheral Artery Disease**

- a. Definitions, diagnosis, prevalence, causes, health effects, clinical considerations for:
  - i. Stroke
  - ii. Peripheral artery disease

**8. Pulmonary Diseases**

- a. Chronic obstructive pulmonary disease (COPD)
- b. Asthma

**9. Cancer**

- a. Definitions
- b. Diagnosis
- c. Prevalence
- d. Causes
- e. Health effects
- f. Clinical considerations



ORIGINAL COURSE IMPLEMENTATION DATE: September 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 465                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Full Title:</b> Adapted Physical Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Calendar Description:</b><br>An applied course focusing on the theory and practice of adapting physical activity and programming considerations for individuals with mental or physical challenges.<br><br>Note: Students with credit for KPE 465 cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | KIN 365.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <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><br>Former course code/number: <b>KPE 465</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 465</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total Hours: 45</b><br><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;">20</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: center;">6</td></tr> <tr><td>Field experience hours</td><td style="text-align: center;">12</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: student directed learning</td><td style="text-align: center;">7</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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 20 | Seminars/tutorials/workshops |  | Laboratory hours | 6 | Field experience hours | 12 | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: student directed learning | 7 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 20        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 6         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 12        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Other contact hours: student directed learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 7         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |   |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

KIN 465

University of the Fraser Valley Official Undergraduate Course Outline

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## Learning Outcomes

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

1. Explain the need for, scope of and structure of adapted physical activity adaptations for people with disabilities.
2. Describe various disabilities and basic information on the incidence, prevalence, etiology, illustrative behaviors and programming strategies for such disabilities.
3. Apply the theoretical knowledge of adapted physical activity to work with clients with multiple needs

## 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)

Classes will be taught using lecture format, group and class discussions, guest presenters, presentations and group teaching exercises, active participation, field experiences and hands-on laboratory and teaching exercises with disabled clients.

**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. Winnick, J.P. ed        | Adapted Physical Education & Sport   | <input type="checkbox"/> | Human Kinetics | 2016 |
| 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:              | 20% | Assignments:   | %   | Midterm exam:     | 20% | Practicum: | %    |
| Quizzes/tests:           | %   | Lab work:      | 10% | Field experience: | 20% | Shop work: | %    |
| Teaching demonstrations: | 10% | Presentations: | 20% | Other:            | %   | Total:     | 100% |

**Details (if necessary):**

## Typical Course Content and Topics

Tentative lecture topics:

- Introduction
- Theories, principles and models
- History of adapted physical activity
- Celebrating individual differences
- Accessibility
- Considerations in adapting
- Goal setting and programming
- Assessment
- Tests of motor skills and fitness
- Posture, appearance and muscle imbalance
- Sports classifications, wheelchairs and assistive devices
- Wheelchair sports and spinal cord injuries
- Les autres conditions and amputations
- Cerebral palsy
- Stroke and traumatic brain injury
- Deafness and hearing impairments
- Blindness and visual impairments
- Learning disabilities, attention deficits and hyperactivity
- Relaxation and reduction of hyperactivity
- Serious emotional disturbance and autism
- Mental disabilities



ORIGINAL COURSE IMPLEMENTATION DATE: September 2000  
 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 466                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Psychological Skills for Sport and Life                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Psych Skills for Sport                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>Examines theoretical and practical aspects of peak performance, not only in sport, but in other fields. Sensitizes students to emotional, cognitive, rational, and behavioural techniques utilized in understanding and developing advanced sport psychology techniques.</p> <p>Note: Students with credit for KPE 466 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | 90 university-level credits including KIN 366.                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 466</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 466</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><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: right;">35</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">10</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 35 | Seminars/tutorials/workshops | 10 | 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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 35        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once per year                                                                                                                                                                                                                                                                                                                                                |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |    |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 466**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Explore the phenomena involved in mental preparation in sport and physical activity.
2. Systematically analyze, investigate and assess psychological skills, attributes and preparation in sport and physical activity and other aspects of life.
3. Identify practical implications for the people involved or affected.
4. Communicate effectively on the topic and with those involved.
5. Identify methods and resources for further learning.

**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)**

The course will follow an information sharing approach. The professor will share information with students on course topics. Students will be expected to participate in seminar and presentation format as well.

**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. | Weinberg, R. & Gould, D.   | Foundations of Sport and Exercise Psychology | <input type="checkbox"/> | Human Kinetics | 2015 |
| 2. |                            | Select Course Readings                       | <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:            | %   | Assignments:   | %   | Midterm exam:                 | %   | Practicum: | %    |
| Quizzes/tests:         | 40% | Lab work:      | %   | Field experience:             | 30% | Shop work: | %    |
| Research presentation: | 10% | Participation: | 10% | TAIS profile analysis report: | 10% | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

1. Introduction
2. Perspectives on peak performance in sport
3. Psychological skills and attributes
4. Emotional and attentional performance
5. Assessment and intervention
6. Mental preparation plan
7. Related cognitive, rational and behavioural techniques
8. Special issues and approaches
9. The athlete and the development team
10. Peak performers in business
11. Health and medical rehabilitation
12. Special fields and topics
13. The future and now



ORIGINAL COURSE IMPLEMENTATION DATE: January 2001  
 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 470                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Pathophysiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>This human pathology course gives students a fundamental understanding of disease, allowing theoretical and practical applications. General and organ system pathologies are investigated using a progressive model.</p> <p>Note: Students with credit for KPE 470 cannot take this course for further credit.</p>                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | KIN 272 (formerly KPE 370).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <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><br>Former course code/number: <b>KPE 480, KPE 470</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 470</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OReg to submit to BCCAT):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| 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>Maximum enrolment (for information only):</b> 36<br><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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 470**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Apply the DEPPICT model: definition (and diagnosis), etiology, pathogenesis, pathology, clinical features, and treatment (or prognosis) to pathologies studied.
2. Describe the physiology that relates to human pathologies
3. Explain the most common general and organ system pathologies
4. Explain differential diagnosis and its clinical applications
5. Explain the most common treatments for each of the pathologies studied

**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)**

Lecture, discussions and class 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. Damjanov, I.            | Pathology for the Health-Related Professions | <input type="checkbox"/> |           | 2016 |
| 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:                    | 25% | Assignments: | 10% | Midterm exam (2x25%): | 50% | Practicum: | %    |
| Quizzes/tests:                 | 10% | Lab work:    | %   | Field experience:     | %   | Shop work: | %    |
| Participation/time management: | 5%  | Other:       | %   | Other:                | %   | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**
**1. General Pathologies**

- a. Cell pathologies
- b. Inflammation
- c. Immunopathology
- d. Neoplasms
- e. Genetic and developmental diseases
- f. Fluid and hemodynamic disorders

**2. Selected Organ System Pathologies**

- a. Cardiovascular
- b. Respiratory
- c. Bones and joints
- d. Muscles
- e. Nervous system
- f. Endocrine system



ORIGINAL COURSE IMPLEMENTATION DATE: January 2009  
 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 481                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Full Title:</b> Applied Ethics for Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Applied Ethics for Health Sci.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Calendar Description:</b><br><p>An overview of ethical topics where students gain familiarity with terminology, moral theory, decision-making models, and issues for ethical analysis in allied health (care), sport and medical science, and physical education.</p> <p>Note: Students with credit for KPE 481 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>Prelcorequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | NONE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Equivalent Courses (cannot be taken for additional credit)</b><br>Former course code/number: <b>KPE 481</b><br>Cross-listed with:<br>Equivalent course(s): <b>KPE 481</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total Hours: 45</b><br><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: right;">35</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: student directed learning</td><td style="text-align: right;">10</td></tr> <tr><td style="text-align: right;"><b>Total</b></td><td style="text-align: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 35 | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: student directed learning | 10 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 35        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| Other contact hours: student directed learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                                                |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |  |

**KIN 481**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 3**
**Learning Outcomes**

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

1. Identify the leading thinkers and proponents of specific ethical theories.
2. Illustrate the breadth and rise of issues raised in allied health and human performance fields (i.e. health care, exercise physiology, coaching, clinical research, and physical education).
3. Analyze ethical issues in health(care), physical education, and sport and clinical science using an accepted framework for ethical deliberation (i.e. value maximizing, person-to-person, case-to-case analyses).
4. Propose strategies for resolving ethical issues and problems, as posed by specific cases.
5. Evaluate the ethical challenges that relate to the student's prospective profession.
6. Identify variables which may exaggerate the challenges in discerning right human action in health and human performance professions.

**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, multimedia, discussion of readings, case studies, student presentations. Students will be exposed to foundational literature, as well as contemporary resources, in applied ethics. Extensive use of case discussion and analysis will help to develop the students' ethical problem-solving skills and critical thinking.

**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. Ziegler, Earle          | Applied Ethics for Sport & Physical Activity Professionals                             |                                     | Trafford           | 2007 |
| 2. Various                 | Contemporary Peer Reviewed related articles                                            |                                     |                    |      |
| 3. Purtilo, R.             | Ethical Dimensions in the Health Professions                                           | <input checked="" type="checkbox"/> | Elsevier           | 2016 |
| 4. Tong, R.                | New Perspectives in Healthcare Ethics: An Interdisciplinary and Crosscultural Approach | <input type="checkbox"/>            | Prentice Hall      | 2006 |
| 5. Hawley, G.              | Ethics in Clinical Practice: An Inter-Professional Approach                            | <input type="checkbox"/>            | Pearson Ed. Canada | 2007 |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**
**Typical Evaluation Methods and Weighting**

|                   |     |              |    |                   |   |            |      |
|-------------------|-----|--------------|----|-------------------|---|------------|------|
| Final exam:       | 35% | Assignments: | 5% | Midterm exam:     | % | Practicum: | %    |
| Quizzes/tests:    | 10% | Lab work:    | %  | Field experience: | % | Shop work: | %    |
| Case Studies (2): | 50% | Other:       | %  | Other:            | % | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

- Introduction to morals and ethics (or morals vs. ethics)
  - Morals and ethics: What are they and why do they matter?
- Overview of act-centered and agent-centered normative moral theories
  - Teleological theories (i.e. Mill's Utilitarianism)
  - Deontological theories (i.e. Kant's Categorical Imperative)
  - Existential theories (i.e. Aristotle's/Sartre's virtue ethics)
  - Other common alternatives: ethics of care, casuistry, feminist ethics, etc.
- Decision-making paradigms (applied ethics) and professional codes
  - Case-by-case comparison, principlism, value-maximizing, etc.
  - Universal declaration of human rights, Hippocratic oath, code of ethics for exercise physiologists, etc.
  - Religious pluralism vs. secularization (revisiting cultural biases)
- The question of health: an ethical dilemma
  - What is health? Exploring the meaning of health, illness, and disease (ethical implications and procedural expectations)

**KIN 481****University of the Fraser Valley Official Undergraduate Course Outline****Page 3 of 3**

- Confidentiality, truth-telling, and informed consent: what is all the fuss?
  - o Human Research Ethics Essentials in Canada
  - o Historical cases (Nuremburg, Belmont report, Tuskegee)
  - o Paternalism vs. autonomy (a cultural bias)
  - o Competence vs. proxy
- Current Issues in health care
  - o Resource allocation
  - o Healthcare provider models (social vs. private)
  - o Futility and the pursuit of modern medicine
- Rehabilitation ethics
  - o Rehabilitation vs. acute care
  - o Autonomy, dependence, and burden
- New issues in medicine and sport science
  - o New genetics and our eugenic past
  - o Enhancement vs therapy; enhancement of athletes (drugs, genetics) vs. care/health
- Contemporary issues in sport and physical education
  - o Paternalism, power relations, and sport
  - o Inclusion of special populations
  - o Sexuality, sport, and spectacle
  - o Violence and sport



ORIGINAL COURSE IMPLEMENTATION DATE: May 2005  
 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 499                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Course Full Title:</b> Special Topics in Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Calendar Description:</b><br>Explores a selected topic from a unique perspective of research and scholarship in kinesiology, such as the integration of sub-disciplines, cross-cultural comparisons of human movement, and population-specific research in human movement.<br><br>Note: This course will be offered under different letter designations (e.g. C-Z) representing different topics. This course may be repeated for credit provided the letter designation differs. Students with credit for KPE 490 or KPE 499 cannot take the same letter designation of this course for further credit.                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | 60 university-level credits or instructor's permission. Certain topics of study may require additional prerequisites.                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <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><br>Former course code/number: <b>KPE 490</b> ,<br>Cross-listed with:<br>Equivalent course(s): <b>KPE 490 (with same letter designation)</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td style="text-align: right;">10</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">20</td></tr> <tr><td>Laboratory hours</td><td></td></tr> <tr><td>Field experience hours</td><td style="text-align: right;">10</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: student directed learning</td><td style="text-align: right;">5</td></tr> <tr><td style="text-align: right;"><b>Total</b></td><td style="text-align: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 10 | Seminars/tutorials/workshops | 20 | Laboratory hours |  | Field experience hours | 10 | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: student directed learning | 5 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input checked="" type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 20        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 10        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| Other contact hours: student directed learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> once 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |    |                  |  |                        |    |                                            |  |                            |  |                                                |   |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |

KIN 499

University of the Fraser Valley Official Undergraduate Course Outline

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## Learning Outcomes

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

1. Reflect on course content in relation to professional field.
2. Describe critical awareness to current issues or trends in Kinesiology, and the selected topic.
3. Explain suggested topics and document applications across various sub-disciplines
4. Critically examine relevant research, theoretical, and/or applied literature to the selected topic.

## 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)

This is primarily a lecture and seminar course. Students will be expected to read a sizable portion of the course reading list, critically assess and summarize material, and present reflections and conclusions in class. Some fieldwork may be expected.

**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 articles and readings relevant to the kinesiology topic | <input 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.)

This kinesiology course may include field trips

## Typical Evaluation Methods and Weighting

|                             |     |                      |     |                   |     |            |      |
|-----------------------------|-----|----------------------|-----|-------------------|-----|------------|------|
| Final exam:                 | %   | Assignments:         | %   | Midterm exam:     | %   | Practicum: | %    |
| Quizzes/tests:              | %   | Lab work:            | %   | Field experience: | 35% | Shop work: | %    |
| Seminar prep & discussions: | 40% | Exams/Presentations: | 25% | Other:            | %   | Total:     | 100% |

**Details (if necessary):** Evaluation and breakdown may differ due to the varying special topics and faculty instructor.

## Typical Course Content and Topics

Due to the varying nature of this course, course content and breakdown will be specifically outlined by the course instructor, and approved through the curriculum committee and department. Example topics could include: coaching, strength and conditioning, neurological trauma, special populations.

**Memo for New Course – KIN 121 Physical Literacy**

To: UEC

From: Amber Johnston, Chair – Kinesiology Curriculum Committee

Date:

**Subject: Proposal for new course KIN 121 Physical Literacy**

1. Rationale for new course:

**Not only does this new course on Physical Literacy serve Pedagogy, Leadership, and Coaching Specialization students, but as an addition to the CORE, represents the only 'Pedagogy' course therein. It is essential to introduce students to the basic concepts of physical literacy at the outset of their degree program. Students will understand Fundamental Movement Skills (FMS), as building blocks to all movement patterns.**

**Some of the material from this course is brought over from the former 220D. Major changes to the KIN activity courses reflect alignment with current Physical and Health Education Curricular Objectives from the BC Ministry of Education. As such – this developmental level course, appropriate to the KIN Core has been developed.**

2. How this new course fits into program(s):

***Note: Adding this course to a program will usually require a program change request.***

**This class will be part of the KIN Core, and will be mandatory for Pedagogy option. It will serve as a pre-requisite to activity courses.**

3. Explain how the course learning outcomes align with the learning outcomes of the program(s):

**The learning outcomes are strongly tied to institutional learning outcomes (Information Competency; Critical Analysis; Use of Knowledge; Initiate Inquiry; Effective Communication; Self-Reflection; Community Contribution).**

**Furthermore, the learning outcomes of this course provide the building blocks for other potential courses/electives in the pedagogy option.**

4. Will this course be required by any program beyond the discipline? If so, how will this course affect that program or programs? **N/A**

5. Which program areas have been consulted about the course?

**A review of other faculties and departments reveals no other similar course.**

**Significant consultations with instructors of similar courses at other institutions have been taken.**

6. If a new discipline designation is required, explain why: **N/A**

7. What consideration has been given to indigenizing the curriculum?

**Indigenization will occur in the following ways**

- **Ensuring that all students see themselves and their realities reflected in the material;**

- Through the legitimization of different ways of learning, teaching, and knowing;
- Establishing rapport between students and with instructors;
- Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;
- Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.

8. If this course is not eligible for PLAR, explain why: **N/A**
9. Explain how each of the following will affect the budget for your area or any other area:
  - a. Credit value - **3**
  - b. Class size limit - **36**
  - c. Frequency of offering - **Annually**
  - d. Resources required (labs, equipment) –
10. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **N/A**

11. Estimate of the typical costs for this course, including textbooks and other materials:

**The cost of reading material is estimated to be \$35.**

**CWC comments and responses:**

- Please confirm that this course should not include any prerequisites.  
*Yes, this along with 103 and 160 are introductory courses without any prerequisites currently in place. Students have the option of one for these three courses for core requirement.*
- Will it be a problem for this to only be offered annually, since it will be a required core course?  
*As of now it is not expected to be a problem. If it is seen that there is high demand for this course, then it would be considered to run twice annually in future.*
- Has consideration been made for adaptive learning, both for UFV students and for their students?  
*All courses within the KIN department adapt and modify as needed to both able bodied and disabled students. The course content itself also does discuss setting needed in this particular setting. There is also an upper level course that Adaptive Physical Activity (KIN 465).*



ORIGINAL COURSE IMPLEMENTATION DATE: September 2018  
 REVISED COURSE IMPLEMENTATION DATE:  
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024  
 Course outline form version: 10/27/16

## 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 121                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Course Full Title:</b> Physical Literacy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Calendar Description:</b><br>Introduces students to the concepts of physical literacy while promoting active for life attitudes and behaviours. Students can expect to participate in a variety of traditional and novel activities that contribute to physical literacy and understanding of effective fundamental movement skill acquisition.                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | None.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <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><br>Former course code/number: <b>NA</b><br>Cross-listed with: <b>NA</b><br>Equivalent course(s): <b>NA</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Total Hours: 45</b><br><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: right;">30</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">15</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: right;"><b>45</b></td></tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 30 | Seminars/tutorials/workshops |  | Laboratory hours | 15 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input checked="" type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> Annually                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Department / Program Head or Director:</b> Dr. 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> Dr. Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           | <b>Date approved:</b> October 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                             |  |

**KIN 121**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

- Interpret theoretical concepts of physical literacy
- Defend fundamental movement skills as building blocks within physical literacy
- Articulate how movement is developed in holistic ways
- Analyze the progression of developing movement patterns
- Develop activity plans

**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, active labs, student presentations, and discussions.

**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 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:    | 30% | Assignments: | 40% | Midterm exam:     | 15% | Practicum: | %  |
| Quizzes/tests: | %   | Lab work:    | 15% | Field experience: | %   | Shop work: | %  |
| Other:         | %   | Other:       | %   | Other:            | %   | Total:     | 0% |

**Details (if necessary):**
**Typical Course Content and Topics**

- Physical literacy
  - Theoretical underpinnings
  - Classification systems and organizational associations
  - Assessment tools
- Long-term athlete development
- Active for life
- Skill-based literacies
- Connection to motor learning
- Lifelong application of fundamental movement skills
- Fundamental movement skills vs specialized sport skills
- Developmental appropriateness
- Activity planning
- Inclusion modifications for all Learners
- Credentialing through PHE Canada Fundamental Skills Workshop program
- Credentialing through NCCP (National Coaching Certificate Program) Fundamental Skills Modules

**Memo for New Course – KIN 122**

To: UEC

From: Amber Johnston, Chair – Kinesiology Curriculum Committee

Date: October 05, 2017

**Subject: Proposal for new course KIN 122: Teaching Team Sport and Games (replaces former 220d)**

1. Rationale for new course:

**This course will act as a replacement for the former activity course 220d. This course reflects an update to align with new 2016 Physical and Health Education Curriculum from the BC Ministry of Education. This course will contain an active lab, which is essential to allow the students the required time to practice and to implement applied activity and lesson plans, and to gain/practice the practical skills required to do so.**

2. How this new course fits into program(s):

**Three of the pedagogy activity classes have been updated and replaced with new activity courses to reflect the current BC Ministry of Education Physical and Health Education Curriculum. This course specifically corresponds with the major movement category of 'Games'.**

*Note: Adding this course to a program will usually require a program change request.*

3. Explain how the course learning outcomes align with the learning outcomes of the program(s):
4. Will this course be required by any program beyond the discipline? If so, how will this course affect that program or programs? **This course is a prerequisite for teacher education programs/professional development programs and meets the standards for both programs and ministry requirements.**

5. Which program areas have been consulted about the course? **N/A**

If a new discipline designation is required, explain why: **N/A**

6. What consideration has been given to indigenizing the curriculum?

**Indigenization will occur in the following ways**

- **Ensuring that all students see themselves and their realities reflected in the material;**
- **Through the legitimization of different ways of learning, teaching, and knowing;**
- **Establishing rapport between students and with instructors;**
- **Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;**
- **Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.**

7. If this course is not eligible for PLAR, explain why: **N/A**

8. Explain how each of the following will affect the budget for your area or any other area:

- a. Credit value: **4**
  - b. Class size limit: **36**
  - c. Frequency of offering: **every semester**
  - d. Resources required (labs, equipment): **equipment for active labs**
9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **N/A**
10. Estimate of the typical costs for this course, including textbooks and other materials: **~50\$**

**CWC comments and responses:**

- Instructional hours: is 40 lecture hours correct? How many lecture hours per week will be scheduled?  
*Yes as this is a 4 credit course it is anticipated to be scheduled similar to our other lab based courses (170,270 etc) with a 3 hour block for lecture and 3 hour block for lab component.*
- Has consideration been made for adaptive learning, both for UFV students and for their students?  
*All courses within the KIN department adapt and modify as needed to both able bodied and disabled students. The course content itself also does discuss setting needed in this particular setting. There is also an upper level course that Adaptive Physical Activity (KIN 465).*



ORIGINAL COURSE IMPLEMENTATION DATE: September 2018  
 REVISED COURSE IMPLEMENTATION DATE:  
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024  
 Course outline form version: 10/27/16

## 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 122                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Course Full Title:</b> Teaching Team Sport and Games<br><b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Calendar Description:</b><br><p>Provides an understanding of the similarities and differences within team-oriented formal games and the associated pedagogical approaches therein for children and adolescents. Through a conceptual analysis of skills, rules, and strategies, sport and games are appreciated through a wide variety of cultures, environment, and contexts. Active participation is required.</p> <p>Note: Students with credit for KPE 220D cannot take this course for further credit.</p>                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | KIN 121.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Pre/corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Equivalent Courses (cannot be taken for additional credit)</b><br>Former course code/number:<br>Cross-listed with:<br>Equivalent course(s): <b>KPE 220D</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Total Hours: 75</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Lecture hours</td><td style="text-align: right;">40</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">35</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: right;"><b>75</b></td></tr> </table> | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 40 | Seminars/tutorials/workshops |  | Laboratory hours | 35 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>75</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i><br><b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> every semester |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 40                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 35                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>75</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Department / Program Head or Director:</b> Dr. 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> Dr. Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Date approved:</b> October 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

**KIN 122**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 3**
**Learning Outcomes**

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

- Interpret the Game Centred Approaches (GCA's) of Teaching Games for Understanding and the Sport Education Model.
- Demonstrate abilities in critical observation, analysis, and development of movement
- Apply movement education in a team formal team games dimension
- Describe the benefits of participating in formal team games
- Interpret rules, court structures, learning sequences, critical movements, and strategies of several culturally novel and traditional formal team game(s) from applicable game categories;
- Demonstrate pedagogical skills, leadership concepts, and problem-solving capabilities for teaching and/or coaching formal team games that benefit the "whole" person
- Demonstrate how to implement diverse instructional methods
- Assess, structure, and implement in a formal team games instructional lesson.

**Prior Learning Assessment and Recognition (PLAR)**
☒ Yes    ☐ No

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lectures, active labs, student presentations, and discussions.

**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. | Schmottlach, N. & McManama, J.     | Physical Education Activity Handbook | <input checked="" type="checkbox"/> | Pearson Education | 2014 |
| 2. | Selected Readings from Course pack |                                      | <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:    | 25% | Assignments: | 20% | Midterm exam:     | 20% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | 35% | Field experience: | %   | Shop work: | %    |
| Other:         | %   | Other:       | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

| Topics                                                                            | Activities                                                             |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Introduction To GCA's (Teaching Games for Understanding)                          |                                                                        |
| Lesson Presentation Preparation (Objectives)<br>Team Sport: Soccer/Football       | Direct: Pedagogy for Formal Team Games like Soccer and Ultimate Disc.  |
| Instructional Model<br>TGfU<br>Formal Team Game<br>Field Hockey                   | TGfU: Field Hockey                                                     |
| Instructional Model<br>Sport Education<br>Formal Team Game<br>Rounders<br>Cricket | Rounders<br>Sport Education: Cricket                                   |
| Instructional Model<br>Cooperative Learning<br>Formal Team Game<br>Flag Football  | Instructional Lesson Plan 1: Flag Football<br>Flag Football Activities |

**KIN 122****University of the Fraser Valley Official Undergraduate Course Outline**

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|                                                                                |                                                                     |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------|
| Softball                                                                       | Instructional Lesson Plan 2: Softball<br>Softball Activities        |
| Instructional Model<br>Peer Teaching<br>Field Lacrosse                         | Instructional Lesson Plan 3: Field<br>Lacrosse<br>Speedball         |
| Instructional Model<br>Inquiry Teaching<br>Rugby                               | Instructional Lesson Plan 4: Tag<br>Rugby<br>Tag Rugby Activities   |
| Tchoukball<br>Netball<br>Tournament Organization                               | Instructional Lesson Plan 5:<br>Tchoukball<br>Netball               |
| Introduction to GCA's<br>(Sport Education Model)                               |                                                                     |
| Instructional Model<br>Teaching Personal and Social<br>Behaviour<br>Basketball | Instructional Lesson Plan 6:<br>Basketball<br>Basketball Activities |
| Games Performance Assessment<br>Instrument<br>Volleyball<br>Wallyball          | Instructional Lesson Plan 7:<br>Volleyball<br>Volleyball Activities |
| Team Handball                                                                  | Instructional Lesson Plan 8: Team<br>Handball<br>Floor Hockey       |
| Formal Team Game for<br>Development                                            | Instructional Lesson Plan 9<br>Novel Formal Team Games              |

**Memo for New Course – KIN 222**

To: UEC

From: Amber Johnston, Chair – Kinesiology Curriculum Committee

Date: October 05, 2017

**Subject: Proposal for new course KIN 222: Teaching Fitness and Lifestyle Recreation (replaced former 200c)**

1. Rationale for new course:

**This course will act as a replacement for the former activity course 220c. This course reflects an update to align with new 2016 Physical and Health Education Curriculum from the BC Ministry of Education. This course will contain an active lab, which is essential to allow the students the required time to practice and to implement applied activity and lesson plans, and to gain/practice the practical skills required to do so.**

2. How this new course fits into program(s):

**Three of the pedagogy activity classes have been updated and replaced with new activity courses to reflect the current BC Ministry of Education Physical and Health Education Curriculum. This course specifically corresponds with the major movement category of 'Individual and Dual Activities'.**

*Note: Adding this course to a program will usually require a program change request.*

3. Explain how the course learning outcomes align with the learning outcomes of the program(s):

4. Will this course be required by any program beyond the discipline? If so, how will this course affect that program or programs? **This course is a prerequisite for teacher education programs/professional development programs and meets the standards for both programs and ministry requirements.**

5. Which program areas have been consulted about the course? **N/A**

If a new discipline designation is required, explain why: **N/A**

What consideration has been given to indigenizing the curriculum?

**Indigenization will occur in the following ways**

- **Ensuring that all students see themselves and their realities reflected in the material;**
- **Through the legitimization of different ways of learning, teaching, and knowing;**
- **Establishing rapport between students and with instructors;**
- **Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;**
- **Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.**

6. If this course is not eligible for PLAR, explain why:
7. Explain how each of the following will affect the budget for your area or any other area:
  - a. Credit value: **4**
  - b. Class size limit: **36**
  - c. Frequency of offering: **twice annually**
  - d. Resources required (labs, equipment): **equipment for active labs**
8. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **There may be required trips to active environments such as community centers, entrance fees will be paid by the student. This will be specific in timetable and course outline as applicable.**
9. Estimate of the typical costs for this course, including textbooks and other materials: **it is anticipated that the cost will be no more than ~150\$ (including reading material and any entrance fees)**

**CWC comments and responses:**

- Instructional hours: is 40 lecture hours correct? How many lecture hours per week will be scheduled?  
*Yes as this is a 4 credit course it is anticipated to be scheduled similar to our other lab based courses (170,270 etc) with a 3 hour block for lecture and 3 hour block for lab component.*



ORIGINAL COURSE IMPLEMENTATION DATE: September 2018  
 REVISED COURSE IMPLEMENTATION DATE:  
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024  
 Course outline form version: 10/27/16

## 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 222                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Course Full Title:</b> Teaching Fitness and Lifestyle Recreation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Department (or program if no department):</b> KIN                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Calendar Description:</b><br><p>A foundational course in individual physical and leisure activities for young adults. Participation in traditional and novel exercise and fitness activities is taught through a pedagogical approach to help students learn how to lead others and be a role model in the fields of physical education, recreation and sport. Active participation is required.</p> <p>Note: Students with credit for KPE 220C cannot take this course for further credit.</p>                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | KIN 121.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Pre/corequisites (if applicable, or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Equivalent Courses (cannot be taken for additional credit)</b><br>Former course code/number:<br>Cross-listed with:<br>Equivalent course(s): <b>KPE 220C</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Total Hours: 75</b><br><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: right;">40</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: right;">35</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: right;"><b>75</b></td></tr> </table> | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 40 | Seminars/tutorials/workshops |  | Laboratory hours | 35 | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>75</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 40                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 35                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>75</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> Twice Annually                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Department / Program Head or Director:</b> Dr. 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> Dr. Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Date approved:</b> October 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |                              |  |                  |    |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                  |

**KIN 222**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

- Interpret critical theories of leisure, fitness, and lifestyle recreation
- Earn certification in level 1 First Aid
- Demonstrate skills in a variety of lifestyle exercise and fitness activities
- Engage in community collaboration
- Develop and deliver activity plans

**Prior Learning Assessment and Recognition (PLAR)**
☒ Yes    ☐ No

**Typical Instructional Methods** (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)

Lectures, Active Labs, field trips, student presentations and discussions

**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 Reading in Coursepack       | <input 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:    | 25% | Assignments: | 35 % | Midterm exam:     | % | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | 30%  | Field experience: | % | Shop work: | %    |
| Participation: | 10% | Other:       | %    | Other:            | % | Total:     | 100% |

**Details (if necessary):**
**Typical Course Content and Topics**

- Teenage/young adult learners
- Critical theories of leisure, fitness, and lifestyle recreation
- First Aid Level 1

Fitness and lifestyle activities (practical skills, lesson planning and delivery, community collaboration):

- Aqualatics
- Walking/jogging
- Yoga
- Zumba/group fitness
- Hiking/snowshoeing
- Skating
- Curling
- Bowling, billiards, and darts

**Memo for New Course: KIN 299**

To: CWC and UEC working groups

From: (Department head or Chair of Program Working Group)

Date: October 05, 2017

**Subject: Proposal for new course KIN 299 Introductory Special Topics**

1. Rationale for new course:

**A lower level Special Topics Course allows for exposure to new/or timely material at an introductory level. This course complements the upper-level Special Topics course as it provides flexibility to offer specialized topics to 100 and 200 level students.**

2. How this new course fits into program(s):

*Note: Adding this course to a program will usually require a program change request.*

**This class, when offered, would act as a lower-level elective.**

3. Explain how the course learning outcomes align with the learning outcomes of the program(s):

**The learning outcomes of a Special Topics course would have particular relevancy to institutional learning outcomes of Critical Analysis, the Use of Knowledge, and Community Contribution due to the nature of Special Topics Courses. The course would be inherently timely; demanding students to examine relationships between the material, the field of kinesiology, and current affairs, and will require students to be engaged within their communities through experiential learning.**

4. Will this course be required by any program beyond the discipline? If so, how will this course affect that program or programs? **N/A**

5. Which program areas have been consulted about the course? **N/A**

6. If a new discipline designation is required, explain why: **N/A**

7. What consideration has been given to indigenizing the curriculum?

**Indigenization will occur in the following ways**

- Ensuring that all students see themselves and their realities reflected in the material;
- Through the legitimization of different ways of learning, teaching, and knowing;
- Establishing rapport between students and with instructors;
- Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;
- Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.

8. If this course is not eligible for PLAR, explain why:

**PLAR cannot be awarded for this course due to the varying topics of the course.**

9. Explain how each of the following will affect the budget for your area or any other area:

- a. Credit value - **3**
- b. Class size limit - **36**
- c. Frequency of offering – **as needed, every other year**
- d. Resources required (labs, equipment) – **smart classroom required**

10. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **N/A**

11. Estimate of the typical costs for this course, including textbooks and other materials:

**The cost of reading material could be estimated at ~ \$100.**



ORIGINAL COURSE IMPLEMENTATION DATE: May 2005  
 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 299                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <b>Course Full Title:</b> Special Topics in Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <b>Course Short Title (if title exceeds 30 characters):</b> Special Topics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <b>Calendar Description:</b><br><p>Explores at an introductory level, a selected topic from a unique perspective of research and scholarship in kinesiology, such as the integration of sub-disciplines, cross-cultural comparisons of human movement, and population-specific research in human movement.</p> <p>Note: This course will be offered under different letter designations (e.g. C-Z) representing different topics. This course may be repeated for credit provided the letter designation differs.</p>                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | 30 university-level credits or instructor's permission. Certain topics of study may require additional prerequisites.                                                                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <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><br>Former course code/number:<br>Cross-listed with:<br>Equivalent course(s):<br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Lecture hours</td> <td style="text-align: right;">30</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 style="text-align: right;">15</td> </tr> <tr> <td style="text-align: right;"><b>Total</b></td> <td style="text-align: right;"><b>45</b></td> </tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 30 | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours |  | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: | 15 | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No<br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input checked="" type="checkbox"/> Yes, repeat(s) <input checked="" type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 30        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Maximum enrolment (for information only):</b> 36<br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> as required (ie once every other year)                                                                                                                                                                                                                                                                                                                                  |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |    |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |  |

**KPE 299**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Describe the nature of the chosen topic within the field of Kinesiology
2. Summarize and draw conclusions from relevant literature.
3. Explore suggested topics and document applications across various sub-disciplines

**Prior Learning Assessment and Recognition (PLAR)**
☒ Yes      ☐ No

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lectures; multi-media; discussion; case studies; student 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 articles and readings relevant to the kinesiology topic | <input 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.)**

This kinesiology course may include field trips

**Typical Evaluation Methods and Weighting**

|                             |     |                      |     |                             |   |            |      |
|-----------------------------|-----|----------------------|-----|-----------------------------|---|------------|------|
| Final exam:                 | 30% | Assignments:         | 50% | Midterm exam:               | % | Practicum: | %    |
| Quizzes/tests:              | %   | Lab work:            | %   | Field experience:           | % | Shop work: | %    |
| Seminar prep & discussions: |     | Exams/Presentations: |     | Case study/Application: 20% |   | Total:     | 100% |

**Details (if necessary):** Evaluation and breakdown may differ due to the varying special topics and faculty instructor.

**Typical Course Content and Topics**

Due to the varying nature of this course, course content and breakdown will be specifically outlined by the course instructor, and approved through the curriculum committee and department. The focus of topics may include, but are not limited to, coaching, training, neuro trauma, strength and conditioning, special populations, and advanced anatomy.

**Memo for New Course – KIN 322**

To: UEC

From: Amber Johnston, Chair – Kinesiology Curriculum Committee

Date: October 05, 2017

**Subject: Proposal for new course KIN 322: Teaching Dance and Gymnastics (replaces former 220e)**

1. Rationale for new course:

**This course will act as a replacement for the former activity course 220e. This course reflects an update to align with new 2016 Physical and Health Education Curriculum from the BC Ministry of Education.**

2. How this new course fits into program(s):

**The pedagogy activity classes have been updated and replaced with new activity courses to reflect the current BC Ministry of Education Physical and Health Education Curriculum. This course specifically corresponds with the major movement category required by the ministry.**

*Note: Adding this course to a program will usually require a program change request.*

3. Explain how the course learning outcomes align with the learning outcomes of the program(s):
4. Will this course be required by any program beyond the discipline? If so, how will this course affect that program or programs? **This course is a prerequisite for teacher education programs/professional development programs and meets the standards for both programs and ministry requirements.**

5. Which program areas have been consulted about the course? **N/A**

If a new discipline designation is required, explain why: **N/A**

6. What consideration has been given to indigenizing the curriculum?

7. If this course is not eligible for PLAR, explain why:

**Indigenization will occur in the following ways**

- Ensuring that all students see themselves and their realities reflected in the material;
- Through the legitimization of different ways of learning, teaching, and knowing;
- Establishing rapport between students and with instructors;
- Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;
- Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.

8. Explain how each of the following will affect the budget for your area or any other area:

- a. Credit value: **3**
- b. Class size limit: **36**

- c. Frequency of offering: **every other year**
  - d. Resources required (labs, equipment): **n/a**
9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **There may be visits to local highschools or gymnastic gymnasiums. Students will be required to meet at the designated field area. This will be noted in the timetable and outline.**
10. Estimate of the typical costs for this course, including textbooks and other materials: **N/A**



ORIGINAL COURSE IMPLEMENTATION DATE: September 2018  
 REVISED COURSE IMPLEMENTATION DATE:  
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024  
 Course outline form version: 10/27/16

## 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 322                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Course Full Title:</b> Teaching Dance and Gymnastics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Course Short Title</b> (if title exceeds 30 characters):                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Calendar Description:</b><br><br>Provides students with an understanding of developing curriculum and designing instruction for the delivery of dance and gymnastics in the educational system. Includes an investigation of generic movement principles involved in these activity categories. Active participation is required.<br><br>Note: Students with credit for KPE 220E cannot take this course for further credit.                                                                                                                                                                                                                                                          |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           | 45 university-level credits including KIN 121.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <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><br>Former course code/number:<br>Cross-listed with: <b>NA</b><br>Equivalent course(s): <b>KPE 220E</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Total Hours: 45</b><br><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><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input checked="" type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><br><i>Note: The specific topic will be recorded when offered.</i> |  |
| 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>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> Annually                                                                                                                                                                                                                                                                                                                                                                        |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Department / Program Head or Director:</b> Dr. 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> Dr. Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           | <b>Date approved:</b> October 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |  |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                                     |  |

**KIN 322**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

1. Explain the role of the instructor, including instructor/learner relationships.
2. Develop lesson plans according to the BC education learning outcomes and content-specific pedagogy.
3. Describe the value of utilising a variety of instructional technologies and methods in teaching.
4. Explain the history of dance and gymnastics education.
5. Demonstrate fundamental gymnastics skills including agility, balance, coordination and speed (ABCs of movement).
6. Demonstrate fundamental dance elements: body, space, time, dynamics, relationships and their applications
7. Apply dance principles of creation and composition, presentation and performance, culture and society
8. Utilize observation as a way of learning.
9. Defend the place of dance and gymnastics education within physical education.
10. Create an assessment for dance and gymnastics in relation to ministry curriculum competencies.

**Prior Learning Assessment and Recognition (PLAR)**

☐ Yes ☒ No, PLAR cannot be awarded for this course because practical nature of the course that can only be experienced within the environment

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lectures, active labs, student presentations, and discussions

**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 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:    | 30% | Assignments: | 40% | Midterm exam:     | 15% | Practicum: | %    |
| Quizzes/tests: | %   | Lab work:    | 15% | Field experience: | %   | Shop work: | %    |
| Other:         | %   | Other:       | %   | Other:            | %   | Total:     | 100% |

**Details (if necessary):** Percentage includes field experiences in active lab.

**Typical Course Content and Topics**

Gymnastics:

- History, gymnastics BC philosophy
- Curriculum competencies/assessment
- Games, stationary positions, landing, locomotion
- Rhythmic
- Teaching/discussion

Dance:

- History
- History/dance pedagogy
- Dance pedagogy
- Creating a dance lesson/unit plan
- Dance assessment
- Student teaching presentations

**Memo for New Course – KIN 323**

To: UEC

From: Amber Johnston, Chair – Kinesiology Curriculum Committee

Date: October 05, 2017

**Subject: Proposal for new course KIN 323: Teaching Outdoor Leadership (replaces former 220f)**

1. Rationale for new course:

**This proposed class is about building and teaching outdoor leadership skills and environmental stewardship. Via outdoor settings, in a way unlike traditional learning settings, students will be challenged to grow through true experiential learning. Compared to traditional class settings, outdoor learning settings promotes stronger teamwork and group work skills (Paisley et al., 2014), enhances lifelong learning skills (Sibthorp et al., 2012, Sibthorp et al., 2012), leads to increased connectedness and valuing of nature/ the environment (Ernst & Theimer, 2011), and promotes health and wellness (O'Brian et al., 2010). It is essential that UFV, and in particular KIN pedagogy graduates, have an appreciation for environmental ethics and their ability to engage in physical activity therein, and as such this course will challenge students to be reflexive about their relationship with nature, which in turn will help them act as leaders and stewards for future generations (Wells & Lekies, 2006). As leaders and advocates of positive relationships with the environment, they will influence those with whom they work in positive ways. Seminal work by Neill and Richards (1998) offer a summary of critical meta-analyses which reveals that outdoor education courses effect real change in students. Specifically, students experience positive change and leadership qualities such as in self-concept, self-confidence, and locus of control. Lastly, according to research by Potter, Socha, and O'Connell (2011) on the successful integration of outdoor leadership program within academic degree programs, this course, as proposed, is particularly well conceived.**

2. How this new course fits into program(s):

**The pedagogy activity classes have been updated and replaced with new activity courses to reflect the current BC Ministry of Education Physical and Health Education Curriculum. This course specifically corresponds with the major outdoor leadership category required by the ministry.**

*Note: Adding this course to a program will usually require a program change request.*

3. Explain how the course learning outcomes align with the learning outcomes of the program(s):

**The learning outcomes are strongly tied to institutional learning outcomes (Information Competency; Critical Analysis; Use of Knowledge; Initiate Inquiry; Effective Communication; Self-Reflection; Community Contribution). Of noteworthy mention is the fact that just as UFV, located on traditional Stó:lō territory, appreciates Indigenous ways of knowing and learning. The field experience, located on Squamish territory, will encompass traditional ways of knowing in outdoor experiential experiences (story telling; Indigenous history etc.)**

4. Will this course be required by any program beyond the discipline? If so, how will this course affect that program or programs? **This course is a prerequisite for teacher education programs/professional development programs and meets the standards for both programs and ministry requirements.**

5. Which program areas have been consulted about the course?

**A review of other faculties and departments reveals no other similar course. The student club SOLAR (Student Outdoor Life and Recreation) has recently been reinstated, which makes for a potential pool of interested/ eager students to take/ promote the course.**

**Significant consultations with instructors of similar courses at other institutions have been taken.**

If a new discipline designation is required, explain why: **N/A**

6. What consideration has been given to indigenizing the curriculum?

**The field component of the course will take place at an outdoor center which has a rich First Nations/ Squamish history. Students will learn about the land, the history, and current uses (First Nations and otherwise).**

**Indigenization will occur in the following ways**

- Ensuring that all students see themselves and their realities reflected in the material;
- Through the legitimization of different ways of learning, teaching, and knowing;
- Establishing rapport between students and with instructors;
- Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;
- Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.

7. If this course is not eligible for PLAR, explain why: **N/A**

8. Explain how each of the following will affect the budget for your area or any other area:

- a. Credit value: **3**
- b. Class size limit: **36**
- c. Frequency of offering: **every other year**
- d. Resources required (labs, equipment): **resources provided through outdoor center**

9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded? **Outdoor center trip. See #10 below for details.**

10. Estimate of the typical costs for this course, including textbooks and other materials:

**The field experience (6-day, 5-night) will take place at an outdoor center. The cost per student, inclusive of return transportation, accommodation, meals, staff (out trip leaders, cook etc), camp programming and equipment (canoeing, kayaking, challenge course, rock climbing, archery, etc) is \$300. Textbook costs will total approximately \$50**



ORIGINAL COURSE IMPLEMENTATION DATE: September 2018  
 REVISED COURSE IMPLEMENTATION DATE:  
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024  
 Course outline form version: 10/27/16

## 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 323                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           | <b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Course Full Title:</b> Teaching Outdoor Leadership                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Course Short Title (if title exceeds 30 characters):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Faculty:</b> Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           | <b>Department (or program if no department):</b> Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Calendar Description:</b><br><br>A field course focusing on leadership in the natural environment. Provides students with the skills, knowledge, and dispositions necessary to teach and lead in outdoor and experiential education environments.<br><br>Note: Students with credit for KPE 220F cannot take this course for further credit.                                                                                                                                                                                                                                                                                                                                                                            |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Prerequisites (or NONE):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | 45 university-level credits including KIN 121.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <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><br>Former course code/number:<br>Cross-listed with: <b>N/A</b><br>Equivalent course(s): <b>KPE 220F</b><br><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><br>Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>Transfer credit requested (OREg to submit to BCCAT):<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)<br><br>Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br>To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> . |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Total Hours: 45</b><br><b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Lecture hours</td> <td style="text-align: right;">12</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 style="text-align: right;">33</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: right;"><b>45</b></td> </tr> </table> |           | Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 12 | Seminars/tutorials/workshops |  | Laboratory hours |  | Field experience hours | 33 | Experiential (practicum, internship, etc.) |  | Online learning activities |  | Other contact hours: |  | <b>Total</b> | <b>45</b> | <b>Special Topics</b><br>Will the course be offered with different topics?<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No<br><br>If yes, different lettered courses may be taken for credit:<br><input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit<br><i>Note: The specific topic will be recorded when offered.</i> |  |
| Lecture hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 12        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| Seminars/tutorials/workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| Laboratory hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| Field experience hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 33        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| Experiential (practicum, internship, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| Online learning activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| Other contact hours:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>45</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           | <b>Maximum enrolment (for information only):</b> 36<br><br><b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> every other year                                                                                                                                                                                                                                                                                                                                                            |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Department / Program Head or Director:</b> Dr. 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> Dr. Joanne MacLean                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           | <b>Date approved:</b> October 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Undergraduate Education Committee (UEC) approval</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           | <b>Date of meeting:</b> March 23, 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |                              |  |                  |  |                        |    |                                            |  |                            |  |                      |  |              |           |                                                                                                                                                                                                                                                                                                                                                                                                      |  |

**KIN 323**
**University of the Fraser Valley Official Undergraduate Course Outline**
**Page 2 of 2**
**Learning Outcomes**

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

- Apply first-hand experience in outdoor leadership theory and practice;
- Demonstrate skills required for wilderness tripping and camping;
- Examine and apply teamwork and collaboration skills within experiential learning environments;
- Apply critical thinking about peoples' relationships with nature and relationships with others;
- Serve as agents of social and environmental change;
- Construct safe educational plans for outdoor learning settings;
- Earn various certifications from the Recreational Canoeing Association of BC (RCABC).

**Prior Learning Assessment and Recognition (PLAR)**

☒ Yes      ☐ No

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

One week of class lecture, followed by 6-day, 5-night field experience at outdoor center. Two-night out-trip experience while at camp. Student presentations, guest lectures, discussion, experiential learning.

**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. Louv, R                             | Last child in the woods: Saving our children from nature deficit disorder. | <input checked="" type="checkbox"/> | Chapel Hill, NC: Algonquin Books of Chapel Hill. | 2005 |
| 2. Martin, Cashel, Wagstaff, & Breunig | Outdoor Leadership: Theory and Practice                                    | <input checked="" type="checkbox"/> | Human Kinetics                                   | 2006 |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Students will need to supply personal clothing required for field experience. All other equipment to be supplied by outdoor center. Additional fee for the field experience may be required.

**Typical Evaluation Methods and Weighting**

|             |     |              |     |                   |    |        |      |
|-------------|-----|--------------|-----|-------------------|----|--------|------|
| Final exam: | 25% | Assignments: | 25% | Field experience: | 50 | Total: | 100% |
|-------------|-----|--------------|-----|-------------------|----|--------|------|

**Typical Course Content and Topics**

- Trip planning and packing
  - o For efficiency; for safety; hiking vs canoeing; portaging; logistics planning
- Water skills: paddling/ canoe safety
  - o Flatwater; tipping; re-entry; strokes
- Land skills: shelter/ cooking/ fire building/ bear proofing/ hiking
  - o Individual; group skills
- Self-care and hygiene in outdoor settings
  - o For survival; for comfort; resourcefulness
- Risk management in natural and dynamic settings
  - o Safety and risk assessment and management; judgement and decision making; changing weather; wilderness first aid (non-certification); hypothermia; emergency preparedness
- Communication skills
  - o Feedback; relationship to leadership
- Navigational and wayfinding skills
  - o Land & water; individual and group; maps & compass
- Leadership, group dynamics, and stewardship in natural settings
  - o Types of leadership; leadership theory; power; models; group dynamics
  - o Leadership in outdoor/ experiential settings
- Pedagogy in experiential settings including theory of 'challenge by choice'
  - o Goals and challenges of facilitation; considerations for outdoor leadership; lesson planning; outdoor teaching techniques
- Environmental ethics
  - o Ecological literacy; preservation through education; leave no trace.

**Memo for Course Changes**

To: UEC

From: Amber Johnston – Chair, KIN Curriculum Committee

Date: October 05, 2017

**Subject: Discontinued Courses: KPE 130, KPE 131, KPE 132 a, KPE 132 b, KPE 133 a, KPE 133b, KPE 220c, KPE 220d, KPE 220e, KPE 220f, KPE 333**

1. Summary of changes (select all that apply):

- ☐ Six-year review
- ☐ Number and/or course code
- ☐ Credits and/or total hours
- ☐ Title
- ☐ Calendar description
- ☐ Prerequisites and/or co-requisites
- ☐ Frequency of course offering
- ☐ Learning outcomes
- ☐ Delivery methods and/or texts and resource materials
- ☐ PLAR options, grading system, and/or evaluation methods
- ☒ **Discontinuation of course**
- ☐ Other – Please specify:

2. Rationale for change:

**The Adventure Tourism certificate has been discontinued (approved 2016/2017) at Senate. This program has not ran for a number of years and therefore the courses have not been offered. If a new outdoor program was to be proposed, it was have to be revised, updated and put through a new approval process. Therefore, we would like to remove the courses from the calendar and course descriptions to avoid any confusion or transfer articulation request. These courses include: KPE 130, KPE 131, KPE 132 a and b, KPE 133 a and b.**

**The current activity courses (220s) have been revised and updated during our course reviews. In this process the 220 c-f have been replaced with new courses (122-222,322,422). These replacement course outlines have also been sent to UEC. It is proposed that once the 220s be discontinued and removed from calendar copy and course descriptions and be replaced with the newly revised courses.**

**KPE 333 is a course that remains in the course listings but has not been offered for a number of years. To avoid confusion and transfer articulation requests the department has decided to discontinue this course for now as we have no current faculty or sessional contract instructors with the expertise to teach this subject.**

3. If there are substantial changes to the learning outcomes, explain how they align with the learning outcomes of the program(s):
4. Is this course required by any program beyond the discipline? If so, how will this change affect that program or programs?
5. Which program areas have been consulted about the change(s)?
6. What consideration has been given to indigenizing the curriculum?
7. If this course is not eligible for PLAR, explain why:
8. If any of the following items on the official course outline have changed, explain how the change will affect the budget for your area or any other area:
  - a. Credit value
  - b. Class size limit
  - c. Frequency of offering
  - d. Resources required (labs, equipment)
9. Are field trips required for this course? (Field trip requirements must be announced in the timetable.) How are the trips funded?
10. Estimate of the typical costs for this course, including textbooks and other materials:

**Memo for Program Changes****To: CWC Screening, UEC****From: Amber Johnston; Curriculum Chair****Date: November 23, 2017****Subject: Program change Bachelor of Kinesiology**

1. Summary of changes (select all the apply):
  - ☐ Program revision that requires new resources
  - ☒ Addition of new course options or deletion or substitution of a required course
  - ☐ Change to the majority of courses in an approved program
  - ☐ Change to the duration, philosophy, or direction of a program
  - ☐ Addition of a new field of specialization, such as a concentration
  - ☐ Change in requirements for admission
  - ☐ Change in requirements for residency or continuance
  - ☐ Change in admission quotas
  - ☐ Change which triggers an external review
  - ☐ Deletion of a program not included in the Program Discontinuance policy
  - ☒ Other – Please specify: **Options will now become Specializations; changes to the KIN minor for BGS, BSc and BA Students**
2. Rationale for change(s): **Please see the next page for rationale and summary of changes**
3. If program outcomes are new or substantially changed, explain how they align with the Institutional Learning Outcomes: **N/A**
4. What consideration has been given to indigenizing the curriculum? **As with all of our course reviews recently going through screening and UEC: Indigenization will occur in the following ways**
  - **Ensuring that all students see themselves and their realities reflected in the material;**
  - **Through the legitimization of different ways of learning, teaching, and knowing;**
  - **Establishing rapport between students and with instructors;**
  - **Recognizing that learners take responsibility for their own learning and personal growth, and honoring the importance of reflection in such growth;**
  - **Ensuring that Aboriginal and non-Aboriginal students leave our program with knowledge and skills to work and live alongside one-another.**
5. Will additional resources be required? If so, how will these costs be covered? **No additional resources required.**
6. How will students be impacted? (Indicate the projected number of students impacted.) Is the change expected to increase/decrease enrolment in the program?
7. Does the number of required core or elective credits from the program-specific discipline change? If so, will this change the total number of courses to be offered within the discipline?

8. Identify any available resources that will be used to accommodate the program changes. (Eg. seats in existing classes, conversion of sections, timetabling changes, deletion of courses, etc.):  
**timetabling changes and calendar changes**
9. Is the number of required or elective courses from other disciplines in the program changing? If so, what is the estimated impact to enrolments in these courses? Provide a memo from the respective dean(s) of the impacted faculty to confirm if budgetary implications have been considered and addressed. **Students are given more flexibility in their elective courses, there is no anticipated budgetary implications with this change.**
10. Provide a memo from the program's dean to confirm that budgetary implications of the proposed changes have been considered and will be addressed within the faculty budget. **See email from Dr. Alastair Hodges**

**Rationale/Summary:**

Please find the following attachments with respect to our Kinesiology program changes. Attachments include: track version, clean copy, and current calendar copy.

Over the past few years there has been discussion in the department about changes to our program to make our specializations a bit more specific to their field, and to provide students with more flexibility in their upper level electives. This has provided the rationale for these changes coming forward. Summary of changes include:

- Changes in how the 120 credits are achieved (upper level/elective flexibility) See attachments
- Changes to the core credits themselves, not totally 49 credits: the removal of KIN 362 Exercise Physiology, KIN 366 Applied Counselling Skills for Fitness Professionals; and KIN 371 Athletic Injuries; and the addition of KIN 121 Physical Literacy (specific for Pedagogy students); KIN 260 Human Nutrition; KIN 381 Applied Ethics. The courses removed (362, 366, 371) are now included within the specializations.
- Currently written as OPTIONS, we have not changed this to specializations; with this we have included more specific courses to each specialization to give students the best knowledge in that area. You will see this reflected in the tables below for each specialization, and the addition of required KIN courses in their selected area. This specialization must be declared by the end of second year and will appear on their graduating parchment (for example: Bachelor of Kinesiology Degree, Specialization: Exercise Science)
- With upper level completion of credits, students now have the option of completing further Kinesiology courses, or taking electives outside of the KIN degree. This is also allows for more flexibility for students in upper level and provides options for students taking minors and meeting those requirements. Students are not limited to specified electives, and now can take any upper level university level credits as their elective options.
- With the Kinesiology minors we aimed to create some consistency between the KIN minor for the BA, BGS or BSc students, with this, we have included 6 specified KIN courses for each and then the completion of 5 KIN electives (2 of which must be upper level).
- The description for each specialization has also been updated to reflect the fields in which they can pursue with their degree and chosen specialization.

## **BKin calendar copy (changes tracked)**

### **Appendix I: Program requirements**

To qualify for the Bachelor of Kinesiology degree (120 credits), students must meet the following:

- 120 credits
- 48 upper-level credits, including at least 38 upper-level KIN credits (including core) (see Note 1).
- Core requirements (49 credits)
- Literacy and numeracy requirements (6-7 credits)
- 19-22 credits specific to one area of specialization (See specializations below), which must be declared by the completion of 60 credits. Students who fail to declare by 60 credits will have registration for further courses blocked.

A minimum program GPA of 2.0 is also required for graduation.

Note 1: All 300- and 400-level courses are acceptable for the remaining 10 upper-level credits, including additional KIN courses. Please note that depending on what professional program and institution you are applying to, admission requirements can include specific Biology, Chemistry, Math, Physics and/or Psychology courses. Please consult a program advisor to be certain that your choice of electives provides you with the proper requirements to fit your career choice.

Note 2: Many upper-level courses require lower-level prerequisites; students are advised to plan and select electives carefully.

~~The Bachelor of Kinesiology degree requires the completion of at least 120 credits applicable to the KPE program plan, of which a minimum of 48 credits must be at the upper level (300/400). Within the 120 credits, students must complete 36 university level credits (including 12 upper level credits) outside of the KPE course offerings. A minimum program GPA of 2.0 is necessary to graduate.~~

~~Students must complete either the exercise science (option 1) or the pedagogy option (option 2) to complete their degree.~~

### **Program outline**

Students must complete all of the [KPE-KIN](#) core courses, ~~13 or 14 credits of KPE electives (depending on the chosen option), and a minimum of 36 university level credits (including at least 12 upper level credits) outside of the Kinesiology course offerings.~~

Note: Selection of these courses must be done in consultation with the [KPE-KIN](#) department or an Advisor to insure that they meet the requirements of the student's career ambition.

**Core course requirements** (required courses: [4449](#) credits of KIN plus 6-7 credits [to meet literacy and numeracy](#)~~of breadth~~ requirements—~~see below~~)

| <u>Course</u>   | <u>Title</u>                                                | <u>Credit</u> |
|-----------------|-------------------------------------------------------------|---------------|
| <u>One of:</u>  |                                                             |               |
| <u>KIN 160</u>  | <u>Contemporary Health Issues</u>                           | <u>3</u>      |
| <u>KIN 103</u>  | <u>Concepts of Physical Fitness</u>                         | <u>3</u>      |
| <u>KIN 121*</u> | <u>Physical Literacy</u>                                    | <u>3</u>      |
| <u>KIN 161</u>  | <u>Introduction to Kinesiology</u>                          | <u>3</u>      |
| <u>KIN 163</u>  | <u>Introductory Exercise Physiology</u>                     | <u>4</u>      |
| <u>KIN 170</u>  | <u>Basic Human Anatomy</u>                                  | <u>4</u>      |
| <u>KIN 215</u>  | <u>Introduction to Biomechanics</u>                         | <u>3</u>      |
| <u>KIN 260</u>  | <u>Topics in Human Nutrition</u>                            | <u>3</u>      |
| <u>KIN 261</u>  | <u>Sociocultural Aspects of Physical Activity and Sport</u> | <u>3</u>      |
| <u>KIN 266</u>  | <u>Exercise and Sports Psychology</u>                       | <u>3</u>      |
| <u>KIN 268</u>  | <u>Introduction to Motor Learning and Control</u>           | <u>3</u>      |
| <u>KIN 270</u>  | <u>Human Physiology I</u>                                   | <u>4</u>      |

|                      |                                                                             |           |
|----------------------|-----------------------------------------------------------------------------|-----------|
| <u>KIN 272</u>       | <u>Human Physiology II</u>                                                  | <u>4</u>  |
| <u>KIN 301</u>       | <u>Research Methods In Kinesiology</u>                                      | <u>3</u>  |
| <u>KIN 365</u>       | <u>Physical Growth and Motor Development</u>                                | <u>3</u>  |
| <u>KIN 381</u>       | <u>Applied Ethics for Allied Health and Human Performance Professionals</u> | <u>3</u>  |
| <u>One of:</u>       |                                                                             |           |
| <u>401</u>           | <u>Undergraduate Thesis I</u>                                               | <u>3</u>  |
| <u>455</u>           | <u>Professional Experience in Kinesiology</u>                               | <u>3</u>  |
| <u>Total Credits</u> |                                                                             | <u>49</u> |

\*Note: KIN 121 specific to students planning on Pedagogy specialization, either KIN 160 and KIN 103 for Exercise Science specialization

| <u>Course</u>  | <u>Title</u>                                       | <u>Credits</u> |
|----------------|----------------------------------------------------|----------------|
| <u>KPE 161</u> | <u>Introduction to Kinesiology</u>                 | <u>3</u>       |
| <u>KPE 163</u> | <u>Biodynamics of Physical Activity</u>            | <u>4</u>       |
| <u>KPE 170</u> | <u>Basic Human Anatomy</u>                         | <u>4</u>       |
| <u>KPE 215</u> | <u>Introduction to Biomechanics</u>                | <u>3</u>       |
| <u>KPE 261</u> | <u>Socio-cultural Aspects of Physical Activity</u> | <u>3</u>       |
| <u>KPE 266</u> | <u>Exercise and Sport Psychology</u>               | <u>3</u>       |
| <u>KPE 268</u> | <u>Introduction to Motor Learning and Control</u>  | <u>3</u>       |
| <u>KPE 270</u> | <u>Human Physiology I</u>                          | <u>4</u>       |
| <u>KPE 362</u> | <u>Theoretical Exercise Physiology</u>             | <u>3</u>       |

|                     |                                                                 |              |
|---------------------|-----------------------------------------------------------------|--------------|
| <del>KPE 366</del>  | <del>Applied Counselling Skills for Fitness Professionals</del> | <del>3</del> |
| <del>KPE 370</del>  | <del>Human Physiology II</del>                                  | <del>4</del> |
| <del>KPE 371</del>  | <del>Introduction to Athletic Injuries</del>                    | <del>4</del> |
| <del>KPE 450C</del> | <del>Undergraduate Thesis I</del>                               |              |

**Required Breadth**

| Course                                           | Title                                             | Credit            |
|--------------------------------------------------|---------------------------------------------------|-------------------|
| <b><u>Literacy</u></b><br><b><u>(one of)</u></b> |                                                   |                   |
| <u>ENGL 105</u>                                  | <u>Academic Writing</u>                           | <u>3</u>          |
| <u>CMNS 125</u>                                  | <u>Introduction to Workplace Communication</u>    | <u>3</u>          |
| <b><u>Numeracy</u></b><br><b><u>(one of)</u></b> |                                                   |                   |
| <u>STAT 104</u>                                  | <u>Introductory Statistics</u>                    | <u>4</u>          |
| <u>STAT 106</u>                                  | <u>Statistics I</u>                               | <u>4</u>          |
| <u>PSYC 110*</u>                                 | <u>Applied Statistical Analysis in Psychology</u> | <u>3</u>          |
| <b><u>Total Credits</u></b>                      |                                                   | <b><u>6-7</u></b> |

~~Professional Experience in Kinesiology~~ ~~3~~

~~\* Note: (PSYCH 110 not accepted for Biology minor for BKin.) or KPE 455~~

**Breadth requirements**

| Course   | Title                                                 | Credits |
|----------|-------------------------------------------------------|---------|
| Literacy | ENGL-105 or CMNS 100 level or higher                  | 3       |
| Numeracy | One of STAT 104, STAT 106, or PSYC 110, or equivalent | 3-4     |

~~Total: 50-51 credits~~

~~Option 1—Specialization 1: -EExercise Science (Total 21-22 Credits)~~

The exercise science specialization provides preparation for those pursuing careers as a ~~registered-practicing kinesiologist~~ Kinesiologist, Exercise Specialist, those planning to go to graduate school, and/or for those who are using their kinesiology degree in preparation for admittance to a professional program such as physiotherapy, occupational therapy, massage therapy, medicine or chiropractics.

| <u>Course</u>        | <u>Title</u>                                                   | <u>Credit</u> |
|----------------------|----------------------------------------------------------------|---------------|
| <u>BIO 111</u>       | <u>Introductory Biology I</u>                                  | <u>5</u>      |
| <u>KIN 362</u>       | <u>Theoretical Exercise Physiology</u>                         | <u>3</u>      |
| <u>KIN 363</u>       | <u>Lab Based Exercise Physiology</u>                           | <u>3</u>      |
| <u>KIN 462</u>       | <u>Advanced Exercise Testing and Prescription</u>              | <u>4</u>      |
| <u>KIN 463</u>       | <u>Advanced Clinical Exercise Therapy</u>                      | <u>3</u>      |
| <u>One of:</u>       |                                                                |               |
| <u>KIN 350</u>       | <u>Stress and Chronic Disease</u>                              | <u>3</u>      |
| <u>KIN 371</u>       | <u>Introduction to Athletic Injuries</u>                       | <u>4</u>      |
| <u>KIN 435</u>       | <u>Ergonomics</u>                                              | <u>3</u>      |
| <u>KIN 460</u>       | <u>Macronutrients: Applications to Sport and Disease</u>       | <u>3</u>      |
| <u>KIN 461</u>       | <u>Vitamins and Minerals: Application to Sport and Disease</u> | <u>3</u>      |
| <u>KIN 470</u>       | <u>Pathophysiology</u>                                         | <u>3</u>      |
| <u>Total Credits</u> |                                                                | <u>21-22</u>  |

~~Mandatory course work:~~ 20 credits

| <u>Course</u>  | <u>Title</u>                                              | <u>Credits</u> |
|----------------|-----------------------------------------------------------|----------------|
| <u>BIO 111</u> | <u>Introductory Biology I</u>                             | <u>5</u>       |
| <u>BIO 112</u> | <u>Introductory Biology II</u>                            | <u>5</u>       |
| <u>KPE 301</u> | <u>Research Methods in Kinesiology</u>                    | <u>3</u>       |
| <u>KPE 435</u> | <u>Ergonomics/Occupational Biomechanics</u>               | <u>3</u>       |
| <u>KPE 462</u> | <u>Advanced Fitness Testing and Exercise Prescription</u> | <u>4</u>       |

~~KPE~~ **electives:** 14 credits

~~Students must complete 14 KPE credits, 10 of which must be upper level credit, and must include one course with a lab (4 credits).~~

**Non-KPE electives: 36 credits**

Credits must be taken from Biology, Chemistry, Math, Physics and/or Psychology and must include at least 12 credits at the upper level. Please note that depending on what professional program and institution you are applying to, admission requirements can include specific Biology, Chemistry, Math, Physics and/or Psychology courses. Please consult an Advisor to be certain that your choice of electives provides you with the proper requirements to fit your career choice.

**Option 2—Specialization II: -Pedagogy (Total 19-20 credits)**

The pedagogy specialization provides preparation for those pursuing careers in instructional settings in both the public and private domain, graduate school, coaching, and recreation/leisure settings.

| Course               | Title                                                             | Credit       |
|----------------------|-------------------------------------------------------------------|--------------|
| KIN 122              | Teaching Team Sport and Games                                     | 4            |
| KIN 221              | Instructional Design and Analysis of Physical Education and Sport | 3            |
| KIN 302              | Measurement and Evaluation in Physical Education                  | 3            |
| KIN 360              | Health Programming Across the Lifespan                            | 3            |
| KIN 451              | Program Planning for Health Promotion                             | 3            |
| One of:*             |                                                                   |              |
| KIN 222              | Teaching Fitness and Lifestyle Recreation                         | 4            |
| KIN 322              | Teaching Dance and Gymnastics                                     | 3            |
| KIN 323              | Teaching Outdoor Leadership                                       | 3            |
| <b>Total Credits</b> |                                                                   | <b>19-20</b> |

*\*Note: students planning to enter into a teacher education program for the purpose of obtaining teacher certification in Secondary Physical Education must complete KIN 122, 222, 322 and 323. Students should plan accordingly.*

*\*Please note that if you are intending to teach at the elementary, middle or secondary level, a second teachable area may be required. Please consult with an Advisor to make sure that you have the proper requirements for entry into a Teacher Education Program or PDP. Education 200 and 300 are strongly recommended for those pursuing teaching; those pursuing Personal Training may wish to pursue a Business Minor.*

Although many graduates from this option will pursue a teaching credential, many others will find opportunities in community recreation facilities as instructors, personal trainers or administrators (depending on the electives chosen).

**Mandatory course work:** 21 credits

| Course                         | Title                                                      | Credits |
|--------------------------------|------------------------------------------------------------|---------|
| KPE 103                        | Active Health                                              | 3       |
| KPE 160                        | Contemporary Health Issues                                 | 3       |
| KPE 221                        | Instructional Design and Analysis of PE and Sport Programs | 3       |
| KPE 302                        | Measurement and Evaluation in Physical Education           | 3       |
| KPE 360                        | Concepts in Health Promotion and Health Education          | 3       |
| KPE 365                        | Physical Growth and Motor Development                      | 3       |
| <b>Plus one of:</b> (see Note) |                                                            | 3       |
| KPE 220C                       | Teaching Swimming and Track and Field                      |         |
| KPE 220D                       | Teaching Basketball and Volleyball                         |         |
| KPE 220E                       | Teaching Dance and Gymnastics                              |         |

Note: Those hoping to enter a teacher education program following their undergraduate degree for the purpose of obtaining teacher certification in Secondary Physical Education will be required to have taken ALL of the activity courses. Students should plan accordingly.

**KPE electives:** 13 Credits

Students must complete 13 KPE credits, 10 of which must be upper level credit, and must include one course with a lab (4 credits).

**Non KPE electives:** 36 Credits

Courses may be selected from any field of study that supports your career objective. Out of the 36 credits, 12 credits must be at the upper level. Please note that if you are intending to teach at the elementary, middle or secondary level, a second teachable area may be required. Please consult with an Advisor to make sure that you have the proper requirements for entry into a Teacher Education

~~Program or PDP. Education 200 and 300 are strongly recommended for those pursuing teaching; those pursuing Personal Training may wish to pursue a Business Minor.~~

## **Bachelor of Kinesiology minor**

### **Kinesiology minor (for BA and BGS students)**

This section specifies the kinesiology minor discipline requirements only. Please refer to the **Bachelor of Arts** or **Bachelor of General Studies** section for additional degree requirements.

Students choosing a kinesiology minor require approval from both their program advisor and the Kinesiology department.

| <u>Current Requirements</u>                   | <u>New Requirements</u>                                           |
|-----------------------------------------------|-------------------------------------------------------------------|
| KIN <u>161, 170,266,268,270, 366,370, 466</u> | KIN: <u>161, 170, 261, 266, 270, 272</u>                          |
| <u>3 KIN course electives (2 upper level)</u> | <u>5 KIN electives</u> , including minimum 14 upper-level credits |

### **Kinesiology minor (for BSc and BGS students)**

This section specifies the kinesiology minor discipline requirements only. Please refer to the **Bachelor of Science** or **Bachelor of General Studies** section for information on additional requirements.

Students choosing a kinesiology minor require approval from both their program advisor and the Kinesiology department.

| <u>Current Requirements</u>                   | <u>New Requirements</u>                                         |
|-----------------------------------------------|-----------------------------------------------------------------|
| KIN <u>163,170,215,270,362,365,370,470</u>    | KIN: <u>163,170,215,270,272,362</u>                             |
| <u>3 KIN course electives (2 upper level)</u> | <u>5 KIN courses</u> , including minimum 14 upper-level credits |

## **BKin calendar copy (clean copy)**

### **Appendix I: Program requirements**

To qualify for the Bachelor of Kinesiology degree (120 credits), students must meet the following:

- 120 credits
- 48 upper-level credits, including at least 38 upper-level KIN credits (including core) (see Note 1).
- Core requirements (49 credits)
- Literacy and numeracy requirements (6-7 credits)
- 19-22 credits specific to one area of specialization (See specializations below), which must be declared by the completion of 60 credits. Students who fail to declare by 60 credits will have registration for further courses blocked.

A minimum program GPA of 2.0 is also required for graduation.

Note 1: All 300- and 400-level courses are acceptable for the remaining 10 upper-level credits, including additional KIN courses. Please note that depending on what professional program and institution you are applying to, admission requirements can include specific Biology, Chemistry, Math, Physics and/or Psychology courses. Please consult a program advisor to be certain that your choice of electives provides you with the proper requirements to fit your career choice.

Note 2: Many upper-level courses require lower-level prerequisites; students are advised to plan and select electives carefully.

### **Program outline**

Students must complete all of the KIN core courses,

Note: Selection of these courses must be done in consultation with the KIN department or an Advisor to insure that they meet the requirements of the student's career ambition.

**Core course requirements** (required courses: 49 credits of KIN plus 6-7 credits to meet literacy and numeracy requirements)

| Course                                    | Title                                                                           | Credit      |
|-------------------------------------------|---------------------------------------------------------------------------------|-------------|
| One of:<br>KIN 160<br>KIN 103<br>KIN 121* | Contemporary Health Issues<br>Concepts of Physical Fitness<br>Physical Literacy | 3<br>3<br>3 |
| KIN 161                                   | Introduction to Kinesiology                                                     | 3           |
| KIN 163                                   | Introductory Exercise Physiology                                                | 4           |
| KIN 170                                   | Basic Human Anatomy                                                             | 4           |
| KIN 215                                   | Introduction to Biomechanics                                                    | 3           |
| KIN 260                                   | Topics in Human Nutrition                                                       | 3           |
| KIN 261                                   | Sociocultural Aspects of Physical Activity and Sport                            | 3           |
| KIN 266                                   | Exercise and Sports Psychology                                                  | 3           |
| KIN 268                                   | Introduction to Motor Learning and Control                                      | 3           |
| KIN 270                                   | Human Physiology I                                                              | 4           |
| KIN 272                                   | Human Physiology II                                                             | 4           |
| KIN 301                                   | Research Methods In Kinesiology                                                 | 3           |
| KIN 365                                   | Physical Growth and Motor Development                                           | 3           |
| KIN 381                                   | Applied Ethics for Allied Health and Human Performance Professionals            | 3           |
| One of:<br>401<br>455                     | Undergraduate Thesis I<br>Professional Experience in Kinesiology                | 3<br>3      |
| <b>Total Credits</b>                      |                                                                                 | <b>49</b>   |

*\*Note: KIN 121 specific to students planning on Pedagogy specialization, either KIN 160 and KIN 103 for Exercise Science specialization*

### Required Breadth

| Course                                                        | Title                                                                                 | Credit      |
|---------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------|
| <b>Literacy (one of)</b><br>ENGL 105<br>CMNS 125              | Academic Writing<br>Introduction to Workplace Communication                           | 3<br>3<br>3 |
| <b>Numeracy (one of)</b><br>STAT 104<br>STAT 106<br>PSYC 110* | Introductory Statistics<br>Statistics I<br>Applied Statistical Analysis in Psychology | 4<br>4<br>3 |
| <b>Total Credits</b>                                          |                                                                                       | <b>6-7</b>  |

*\* Note: (PSYC 110 not accepted for Biology minor for BKin.)*

## Specialization 1: Exercise Science (Total 21-22 Credits)

The exercise science specialization provides preparation for those pursuing careers as a practicing Kinesiologist, Exercise Specialist, those planning to go to graduate school, and/or for those who are using their kinesiology degree in preparation for admittance to a professional program such as physiotherapy, occupational therapy, massage therapy, medicine or chiropractics.

| Course               | Title                                                   | Credit       |
|----------------------|---------------------------------------------------------|--------------|
| BIO 111              | Introductory Biology I                                  | 5            |
| KIN 362              | Theoretical Exercise Physiology                         | 3            |
| KIN 363              | Lab Based Exercise Physiology                           | 3            |
| KIN 462              | Advanced Exercise Testing and Prescription              | 4            |
| KIN 463              | Advanced Clinical Exercise Therapy                      | 3            |
| <b>One of:</b>       |                                                         |              |
| KIN 350              | Stress and Chronic Disease                              | 3            |
| KIN 371              | Introduction to Athletic Injuries                       | 4            |
| KIN 435              | Ergonomics                                              | 3            |
| KIN 460              | Macronutrients: Applications to Sport and Disease       | 3            |
| KIN 461              | Vitamins and Minerals: Application to Sport and Disease | 3            |
| KIN 470              | Pathophysiology                                         | 3            |
| <b>Total Credits</b> |                                                         | <b>21-22</b> |

## Specialization II: Pedagogy (Total 19-20 credits)

The pedagogy specialization provides preparation for those pursuing careers in instructional settings in both the public and private domain, graduate school, coaching, and recreation/leisure settings.

| Course               | Title                                                             | Credit       |
|----------------------|-------------------------------------------------------------------|--------------|
| KIN 122              | Teaching Team Sport and Games                                     | 4            |
| KIN 221              | Instructional Design and Analysis of Physical Education and Sport | 3            |
| KIN 302              | Measurement and Evaluation in Physical Education                  | 3            |
| KIN 360              | Health Programming Across the Lifespan                            | 3            |
| KIN 451              | Program Planning for Health Promotion                             | 3            |
| <b>One of:*</b>      |                                                                   |              |
| KIN 222              | Teaching Fitness and Lifestyle Recreation                         | 4            |
| KIN 322              | Teaching Dance and Gymnastics                                     | 3            |
| KIN 323              | Teaching Outdoor Leadership                                       | 3            |
| <b>Total Credits</b> |                                                                   | <b>19-20</b> |

*\*Note: students planning to enter into a teacher education program for the purpose of obtaining teacher certification in Secondary Physical Education must complete KIN 122, 222, 322 and 323. Students should plan accordingly.*

*\*Please note that if you are intending to teach at the elementary, middle or secondary level, a second teachable area may be required. Please consult with an Advisor to make sure that you have the proper requirements for entry into a Teacher Education Program or PDP. Education 200 and 300 are strongly recommended for those pursuing teaching; those pursuing Personal Training may wish to pursue a Business Minor.*

## **Bachelor of Kinesiology minor**

### **Kinesiology minor (for BA and BGS students)**

This section specifies the kinesiology minor discipline requirements only. Please refer to the **Bachelor of Arts** or **Bachelor of General Studies** section for additional degree requirements.

Students choosing a kinesiology minor require approval from both their program advisor and the Kinesiology department.

#### **Kinesiology Minor (BA and BGS)**

| <b>Current Requirements</b>                | <b>New Requirements</b>                                   |
|--------------------------------------------|-----------------------------------------------------------|
| KIN 161, 170, 266, 268, 270, 366, 370, 466 | KIN: 161, 170, 261, 266, 270, 272                         |
| 3 KIN course electives (2 upper level)     | 5 KIN electives, including minimum 14 upper-level credits |

### **Kinesiology minor (for BSc and BGS students)**

This section specifies the kinesiology minor discipline requirements only. Please refer to the **Bachelor of Science** or **Bachelor of General Studies** section for information on additional requirements.

Students choosing a kinesiology minor require approval from both their program advisor and the Kinesiology department.

**Kinesiology Minor (BSC and BGS)**

| Current Requirements                   | New Requirements                                        |
|----------------------------------------|---------------------------------------------------------|
| KIN 163,170,215,270,362,365,370,470    | KIN: 163,170,215,270,272,362                            |
| 3 KIN course electives (2 upper level) | 5 KIN courses, including minimum 14 upper-level credits |

**Bachelor of Kinesiology combined with an existing minor/extended minor**

A student completing requirements for the Bachelor of Kinesiology may combine this with the requirements for any of the existing minors or Arts extended minors offered at UFV, with the exception of the Biology extended minor. In such cases, the transcript will specify both the Bachelor of Kinesiology and extended minor or minor program completed. Examples of such minors include those in Arts (see [this section](#) for a listing of Arts minors), Science ([Biology for Kinesiology students](#), Chemistry, Mathematics, Physics), Business Administration (see [this section](#) for the Business minor), and Criminal Justice. For examples of Arts extended minors, please see [this section](#) for the listing.

In order to complete the degree in a timely fashion, students wishing to combine the Bachelor of Kinesiology degree with any minor and/or Arts extended minor (except Biology extended minor) must seek approval of the appropriate program advisors. Students should be aware that if they choose to fulfill the requirements of both the Kinesiology degree and a minor or an Arts extended minor, they will most likely need to complete more than 120 credits in order to meet all requirements, and that they will need to meet the graduation/program requirements for both the Bachelor of Kinesiology degree and the selected minor or extended minor.

# MEMO



To: UEC

From: Amber Johnston - Lead, Active Health Program Working Group, Department of Kinesiology

CC: Joanne MacLean, Dean, Faculty of Health Sciences; Bruce Kirkley, Coordinator, Program Development and Quality Assurance

Date: March 23, 2018

Re: Active Health Specialization, Bachelor of Kinesiology Degree

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Please find attached for approval at the March 23, 2018 meeting of UEC:

- Program proposal
- Appendices
- UEC Screening comments and responses

The Active Health Specialization was presented at the Health Sciences Faculty Council on February 19, 2018, and recommended for approval. The proposal was reviewed at UEC Screening on February 27, 2018; comments and responses are attached.

**Note:** The program proposals and additional documents are available in *S:\Groups\UEC\2018-03-23...* and in the shared UEC Dropbox folder.

## **Program Summary:**

The Active Health Specialization provides preparation for those interested in gaining knowledge about the kinesiology field, and the health and fitness industry; along with an understanding of the contributing factors that can affect one's health and how to develop and implement risk management and health promotion strategies for health and fitness in the community and corporate fields. The Active Health Specialization explores the interdisciplinary and innovative perspectives of the health and fitness industry from a theoretical and applied, entrepreneurial, and hands-on perspective.

Graduates of this Specialization can pursue fitness professions, other areas may include: psychology of sport, athletic injuries, community and corporate health, graduate school and post graduate allied health programs. Students will graduate with the capacity to contribute to public health through the design and implementation of programs that provide education and awareness to better those issues and promote an active, healthy lifestyle.

**Concept Paper:**

The concept paper for the Active Health Specialization, Bachelor of Kinesiology Degree was approved in the 2017 Program Report and Plan at the June 2017 Board meeting.



**UNDERGRADUATE EDUCATION COMMITTEE**

**TERMS OF REFERENCE**

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1. Advise Senate on curricular matters related to the undergraduate educational programs of the university.
2. Advise Senate on policies, procedures, and criteria for the admission, evaluation, withdrawal, and promotion of undergraduate students.
3. Advise Senate on the criteria for awarding certificates, diplomas, and degrees to undergraduate students.
4. Advise Senate on policies and procedures for review and approval of new and existing courses, programs, or curricular changes.
5. Review the recommendations of faculty councils, approve the recommendations where mandated by Senate to do so, and inform Senate.
6. Advise the Academic Planning & Priorities Committee on proposals for new and revised programs that occasion a change to the alignment of programs with institutional priorities.
7. Make recommendations to Senate on the resolution of disputes between departments and other academic divisions related to undergraduate course and program development and delivery.
8. Establish such subcommittees as needed to fulfill the committee's responsibilities.
9. Other duties as assigned by Senate.

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2014-15 Senate review complete, with revisions approved by Senate 2015 04 10  
Terms of Reference and Membership Composition revisions approved at Senate 2016 11 04



## **UNDERGRADUATE EDUCATION COMMITTEE**

### **COMPOSITION**

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#### **Voting Members:**

- Chair, a faculty member of the committee, nominated by the committee, and approved by Senate
- Vice-Chair, University Registrar (or designate)
- Nine faculty members, approved by Senate, at least two of whom shall be members of Senate\*
- Two Deans or associate deans approved by Senate
- University Librarian or designated Librarian\* (ex officio)
- One Academic Advisor approved by Senate
- One staff member approved by Senate
- Two undergraduate students approved by Senate
- Associate Vice-President, Teaching and Learning (or designate) (ex officio)

#### **Ex Officio Non-Voting Members:**

- Provost & Vice-President, Academic (or designate)
- Associate Vice-President, Research, Engagement, and Graduate Studies (or designate)
- Executive Director, International Education
- Senior Advisor on Indigenous Affairs
- Manager, Enrolment Planning
- Director, Institutional Research and Integrated Planning
- Coordinator, Program Development and Quality Assurance
- Director, Advising Centre

#### **Administrative Support:**

- UEC Assistant/Calendar Editor, Office of the Registrar

\*Normally, there shall be at least one member from each of the Faculties, selected to reflect the diversity of disciplines at the university.

\*\*Normally the designate shall be appointed for a minimum of a one-year term to ensure continuity.

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2014-15 Senate review complete, with revisions approved by Senate 2015 04 10  
Terms of Reference and Membership Composition revisions approved at Senate 2016 11 04



David Johnston  
University Registrar  
Phone: (604) 854-4504  
Email: david.johnston@ufv.ca

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## **MEMORANDUM**

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**To:** Undergraduate Education Committee

**From:** David Johnston, University Registrar, Vice-Chair UEC

**Subject:** Policy 105 Ad Hoc Subcommittee (Item 4.3 March 23)

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**UEC has created an Ad Hoc Committee to prepare guidelines for determining course credit, except for courses at the graduate level, as required by Senate Policy 105, Course Credits.**

**Background:**

Policy 105 “establishes standards and principles for a consistent, credible approach to assigning course credits for courses” and indicates that the assignment of course credit is a product of total learning time that includes instructor contact and self-directed learning that occurs outside of formal class time. The policy states that regardless of instructional methods, courses that require similar amounts of time spent learning should be assigned similar credit. The regulations included with the Policy, recognizing that courses use a variety of delivery modes and instruction format, establish that credits are based on an equivalent total amount of student course work (including class time and outside-of-class time).” The “equivalent” in the preceding sentence refers to the traditional model for calculating course credit where one hour of in-class contact leads to two hours of outside-of-class time spend studying and over a 15 week semester totals 45 hours for one credit (135 total hours for a 3 credit course).

**Committee Charge:**

The ad hoc committee is to prepare guidelines for determining course credits for presentation to UEC. The Committee is considering the current environment, past work done in this area during the revision of Policy 105, practices at other institutions, and general research in this area, if available. In addition to undergraduate courses, they are also considering the current credit structure in courses and programs in the developmental level, vocational level, continuing education, and trades programming. Although the 45 total study hours per credit noted above is a good starting point, there are ongoing difficulties in estimating student involvement in a course when the traditional standard lecture model is not used. Areas of particular interest are laboratory courses, courses that utilize multiple instructional modes, courses that have large components of self-directed learning and practicum courses.

**Question for UEC:**

What form would the members like to see the guidelines take and how much detail is needed to allow the Committee to make an informed decision?



## **SENATE BYLAWS**

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### **PURPOSE/PHILOSOPHY**

Pursuant to the *University Act*, the Senate of the University of the Fraser Valley ("UFV") shall conduct its business according to this set of bylaws.

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### **I. Powers and duties of the Senate**

As stipulated in section 27.2 and 35.2 of the *University Act*, the Senate exercises the following power and duties:

#### **A. Advisory duties, with final authority given to the Board:**

1. The Board must seek, and the Senate must give, advice on the development of educational policy for the following matters:
  - 1.1. the mission statement and the educational goals, objectives, strategies, and priorities of UFV;
  - 1.2. the establishment, revision, or discontinuance of courses and programs at UFV;
  - 1.3. the preparation and presentation of reports after implementation by UFV without prior review by the Senate of new non-credit courses or programs offered under service contract;
  - 1.4. the priorities for implementation of new programs and courses leading to certificates, diplomas, or degrees;
  - 1.5. the establishment or discontinuance of faculties at UFV;
  - 1.6. the evaluation of programs and educational services;
  - 1.7. the library and resource centres;
  - 1.8. the setting of the academic schedule;
  - 1.9. the qualifications for faculty members;
  - 1.10. the adjudication procedure for appealable matters of student discipline;
  - 1.11. the terms for affiliation with other post-secondary bodies;
  - 1.12. the consultation with community and program advisory groups concerning UFV's educational programs; and
  - 1.13. other matters specified by the Board.
2. In addition, the Board must seek advice on the following matters:
  - 2.2. the maintenance and keeping in proper order and condition the real property of the university, the erection and maintenance of the buildings and structures on it that in the opinion of the board are necessary and

advisable, and the rules respecting the management, government and control of the real property, buildings and structures;

2.3. the conservation of the heritage sites of the university, including any heritage buildings, structures and land of the university;

2.4. the establishment of faculties and departments with suitable teaching staff and courses of instruction;

2.5. the chairs, institutes, fellowships, scholarships, exhibitions, bursaries and prizes the board and the senate consider advisable.

B. Powers with final authority resting with the Senate:

1. regulate how its meetings and proceedings are conducted, including the quorum necessary to conduct business and how a vice chair, who is to chair meetings in the absence of the president, is elected;
2. set criteria for awarding certificates, diplomas and degrees, including honorary degrees;
3. set curriculum content for courses leading to certificates, diplomas and degrees;
4. set qualifications for admission;
5. set policies concerning examinations and evaluation of student performance;
6. set residency requirements for awarding credentials for courses and programs;
7. set policies concerning student withdrawal from courses, programs, or UFV;
8. set criteria for academic standing, academic standards, and the grading system;
9. set criteria for awards recognizing academic excellence;
10. set policies and procedures for appeals by students on academic matters and establish a final appeal tribunal for these appeals; and
11. set policies on curriculum evaluation for determining whether:
  - a. courses or programs, or course credit from another university or body are equivalent to courses, programs, or course credit at UFV; and
  - b. courses or programs, or course credit from one part of UFV are equivalent to courses or programs, or course credit in another part of UFV.

C. Powers with final authority resting with the Senate and the Board:

1. The establishment of procedures for the recommendation and selection of candidates for president, deans, librarians, registrar and other senior academic administrators as the board may designate;
2. the establishment of faculties and departments the board considers necessary;
3. the number of students that may in the opinion of the board, having regard to the resources available, be accommodated in the university or in any faculty of it, and to make rules considered advisable for limiting the admission or accommodation of students to the number so determined;

D. Process for determining Senate's jurisdiction, see appendix A.

**II. Composition of the Senate:**

- A. The composition of the Senate, in accordance with the University Act, is as follows:
1. the chancellor;
  2. the president, who is the chair;
  3. the academic vice president;
  4. the deans of faculties and colleges;
  5. the chief librarian;
  6. the registrar;
  7. two faculty members elected for each faculty by the faculty members of the faculty;
  8. four students elected by the students;
  9. one alumni member who is not a faculty member appointed by the president on nomination by the Alumni Association;
  10. two support staff elected by the support staff; and
  11. one non-voting member, if appointed by the board, to serve one year.
- B. The registrar is responsible for the keeping of records, conduct of elections, and the performance of duties that the Senate may require. These functions may be delegated to a person designated by the Senate.

**III. Terms of Office:**

- A. The term of office of a faculty, staff, and alumni member of the Senate, ~~other than a student member~~, is three years and after that until a successor is appointed or elected.
- B. The term of office of a student member elected under II (A) is a one year term and after that until a successor is elected.
- C. Members who remain eligible may be elected to further terms.
- ~~C.D.~~ The term of office of an ex-officio member is on-going.

**IV. Elections:**

- A. Election of members of the Senate will be conducted annually by the registrar.
- B. Elections of members to Senate shall be in accordance with the procedures set out in the attached Appendix B: Procedures for the Conduct of Elections to Senate.
- C. Every two years, at the May meeting, Senate will elect a vice-chair from among its elected faculty members. In the event that the chair is unable to chair a meeting, the vice-chair will serve as chair. Senate may consider a one-year term if the vice-chair member's term on Senate precludes the vice-chair from fulfilling the second year of the term.

**V. Attendance and responsibilities:**

- A. Regular attendance is expected of all members of the Senate.

- B. An elected or appointed voting member who misses two consecutive regular meetings per year without permission ~~from the chair~~ from the chair shall receive written notice ~~from the chair~~. An elected or appointed voting member who misses three consecutive regular meetings per year without prior arrangement with the chair and who has received written notice will be deemed to have resigned from the Senate. In the case where a faculty/staff/student sSenator expects to have an extended absence and will miss three or more meetings (e.g. short-term or long-term disability; sabbatical; teaching/class conflict), that member may ask for an excused absence with the intent to return to the senator role when the reason for absence is done.
- C. Senate members are obligated to prepare adequately for meetings and to participate actively in the decision making at Senate meetings.
- D. All members of the Senate are expected to serve on a minimum of two standing committees of the Senate.
- E. Members of Senate, in their function as members of this body, do not act as delegates of the constituencies from which they were drawn; rather, as members, all must serve the interest of the University to the best of their ability.
- F. No member of Senate or Senate standing committee may appoint another person to attend and vote in their place at a Senate or Senate standing committee meeting.
- E.G. When an ex officio member of Senate or Senate standing committee expects to have an absence of 2 months or longer (e.g. short-term or long-term disability; sabbatical or administrative leave), the person appointed as interim to the ex officio position, is permitted to attend and vote at Senate or Senate standing committee meetings until the incumbent returns to work.
- F.H. All Senate members will comply with the conflict of interest guidelines and fulfil their roles and responsibilities to the highest standard of conduct, as set out in Appendix C: Conflict of Interest and Code of Conduct.

**VI. Meeting schedule:**

- A. The Senate will meet on a regular schedule normally once a month from September to June. The university will make every reasonable effort to ensure that members of the Senate are freed from their normal duties to attend Senate meetings.
- B. Extraordinary meetings may be called in the months of July and August with seven days' notice by the chair, upon unanimous determination by a committee comprised of the chair, the vice chair, and provost that an extraordinary meeting is required to deal with an emergency or extremely time sensitive matter(s).
- C. Meetings may be cancelled by the chair upon unanimous determination by a committee comprised of the chair, the vice chair, and provost.
- D. As a rule, agenda items will be submitted to the secretary at least seven days prior to the meeting.

**VII. Procedure for meetings:**

- A. Senate meetings will be conducted according to Robert's Rules of Order, except as otherwise stated in these bylaws.

- B. Members will receive the agenda, the materials for discussion, and reports in advance of the meeting. Any member of the Senate or constituency of the University may bring an agenda item in writing to the Chair for consideration. Items not received in advance will be placed on the agenda only by a majority vote of all voting members present and voting.
- C. All Senate in camera agendas, including all attachments, minutes, and subsequent discussions will remain confidential unless Senate resolves otherwise.
- D. For ordinary meetings, a quorum is defined as fifty percent (50%) of the voting members of the Senate present at the time of the adoption of the agenda. Normally the chair of any given meeting does not vote and is not counted towards quorum except in the case where the chair's participation is required to meet quorum. Leaves of absence will reduce quorum requirements accordingly. Once quorum is declared it continues. However, the meeting agenda cannot be amended after the start of the meeting unless fifty percent (50%) of the voting members are still present. In the absence of quorum, a fixed date and time to which to adjourn the meeting shall be determined by the chair. Any business conducted at a meeting where there is no quorum present will be considered as unofficial and subject to ratification at the next meeting held where a quorum is present.

For extraordinary meetings, quorum requirements will be nine at all times, with a minimum of five elected members.

- E. Meetings are open to members of the university community, though only members of the Senate will be entitled to vote. The Senate will, when appropriate, invite guests and resource persons to meetings. The chairs of the standing committees of Senate may speak on items presented at Senate from standing committees. Non-voting members of Senate may introduce motions but will not be entitled to vote.
- F. Voting will normally take place with a show of hands. However, upon request of a member of the Senate, a vote will be taken by secret ballot.
- G.
  - a. On votes on formal motions, all voting Senate members are required to vote either in favour or opposed, or abstain from voting. All formal motions shall be adopted by a majority vote of all voting members present, unless required otherwise. In tallying the votes, abstentions do not count towards the in favour votes. If a vote fails as a result of abstentions, then the discussion will reopen and the vote will be called again on the majority of those present and voting (this time excluding abstentions).
  - b. Members should abstain when they have a direct personal interest in the matter that amounts to a real or perceived conflict of interest.
- H. As a rule, all proceedings of the Senate will be open; however, the chair shall have the right to declare a meeting or portion of a meeting "in camera" and close the meeting to the public.
- I. In the event that either the chair or vice-chair of Senate is absent, the Provost shall act as vice-chair of that meeting. In the event of the absence of both the chair and vice-chair of Senate or in the absence of either the chair or vice-chair and the Provost, the vice-chair of the Senate Governance Committee shall act as the vice-chair of that meeting.

- J. Meetings of Senate and its standing committees may be subject to audio recording but only if in compliance with the following provisions:
  - 1. Anyone creating an audio recording of a meeting must identify his or her intentions to do so at the start of the meeting to the chair of the meeting.
  - 2. In-camera portions of the meeting may not be recorded.
  - 3. The meeting may resolve by a majority vote to prohibit recording of an agenda item.
  - 4. Only approved minutes of such meeting shall constitute the official record of such proceedings.
- K. Meetings of Senate and its standing committees may not be video recorded unless specifically approved by a majority resolution at the meeting.
- L. The minutes shall be the official record of Senate. Minutes of public and in-camera meetings shall be a record of decisions made and actions authorized by Senate. Minutes shall generally exclude discussion summaries and verbatim minutes should be avoided.
- M. The name of the movers and seconders shall be recorded in the minutes. The names of those voting for or against any motions shall not be recorded in the minutes. Members who vote against or abstain from any motion may request to have their names recorded in the minutes.
- N. In-camera meetings assume that all members are bound by a duty of confidentiality and all information presented or discussed will be treated with confidentiality and care, except when information is clearly within the public domain.

**VIII. Consultation with constituents:**

- A. Members of the Senate will make regular reports to constituents on Senate matters.
- B. The registrar will publish the minutes of Senate meetings in a public place.

**IX. Standing committees:**

- A. Standing committees will operate under terms of reference and in adherence to policies and procedures set by Senate. Other standing committees will be formed as necessary.
- B. The Senate will strike ad hoc committees as necessary. All such committees will include at least one Senate member.
- C. The Senate Governance Committee will recommend to Senate rules for the conduct of business for the other committees of Senate.

**X. Amendments to the Bylaws**

These bylaws may be amended at any regular meeting of Senate by a two-thirds vote, provided that the amendment has been submitted in writing at the previous regular meeting.

**Appendix A: Process for determining Senate's jurisdiction****Definition:**

**“authority”**: refers to British Columbia’s University Act’s granting of power to either consult or approve decisions regarding university matters.

**“consult/consultation”**: a process whereby Senate or an appropriate standing committee gives feedback about an issue for another approving body or administrator.

**“approve/approval”**: refers to Senate’s, Board of Governor’s, or Administration’s responsibility and authority to make final decisions regarding university matters.

1. When questions arise as to whether Senate has authority over a university matter, the issue shall be forwarded to the University Secretary to bring the matter to the Senate Governance Committee (the “SGC”) for review.
2. The Senate Governance Committee will make one of the following determinations, and inform the Board:
  - a. Senate has authority over the matter.
  - b. Senate has no authority over the matter.
  - c. Senate may have authority, and the matter will be referred to the Joint Board/Senate Governance Committee for discussion and recommendation to the Board and Senate.
3. In the event the Board of Governors disagrees with the SGC’s determination pursuant to point 2a or 2b above, then the matter shall be referred to the Joint Board/Senate Governance Committee for discussion and recommendation to the Board and Senate.

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Senate Bylaws: approved at Senate 2012 08 22  
 Revisions to IV. D. and IX.: approved at Senate 2013 06 21  
 Addition of vice-chair positions in VII.: approved at Senate 2014 12 05  
 Addition of audio recording guidelines in VII. I. and J.: approved at Senate 2015 12 11  
 Revisions to IV. and addition of Appendix B.: approved at Senate 2016 02 12  
 Revisions to IV (vice-chair of Senate be a faculty member) and addition of V. E.: approved at Senate 2016 03 11  
 Revisions to Purpose, II, IV, V, VII, and Appendix C: approved at Senate 2017 02 10  
 Revisions to VII. D and G: approved at Senate 2017 05 05  
 Revisions to I and addition of Appendix A Process for determining Senate’s jurisdiction: approved at Senate 2017 06 09  
 Revisions to I, added I (A) (2) and I (C): approved at Senate 2017 09 22

**Appendix B: Procedures for the Conduct of Elections to the Senate**

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These procedures have been developed to meet the requirements for elections as set forth in the University Act of the Legislative Assembly of British Columbia.

**1. DEFINITIONS**

The following definitions have been drawn from the Act and applied to the University of the Fraser Valley (UFV).

1. "Faculty member" means an employee of UFV who works as an instructor, lecturer, assistant professor, associate professor, professor, or in an equivalent position designated by the Senate.
2. "Support staff" means an employee of UFV who is not (a) an officer of the university, or (b) a faculty member.
3. "Student" means a person who is presently enrolled at UFV in a credit course or who is designated by resolution of the Senate as a student.
4. "Officer of the University" is the president, a vice-president, an associate vice-president, a dean, an associate dean, an executive director, an associate director, a director (excluding directors of schools within a faculty who are voting faculty members), university secretary, [chief information officer, legal counsel, university librarian](#), and the registrar.
5. "Employee of UFV" refers to a person who has a permanent or continuing employment contract with UFV.

**2. TERMS OF OFFICE****2.1. Positions**

**2.1.1.** The following positions are elected to the Senate:

- a. two faculty members for each faculty elected by faculty members of the faculty;
- b. four students elected by students; and
- c. two support staff elected by the support staff.

**2.2. Terms of Office**

The terms of office are three years for faculty and support staff and one year for students, and after that until a successor is elected.

Terms begin August first.

**2.3. Persons Not Eligible**

The following persons are not eligible to be or to remain members of Senate:

- A person who holds full-time positions at more than one university and is a member of the Board or Senate at one university, cannot serve on Senate at another.
- A member of Senate who ceases to be eligible during his or her term of office immediately ceases to be a member of Senate.

**2.4. Vacancies**

The Secretary of Senate must enter a declaration of the vacancy in the minutes of Senate as appropriate. This is conclusive evidence of the vacancy. (Attendance requirements for the Senate are specified in the Senate Bylaws.)

The registrar will conduct by-elections in a timely manner. If three or fewer months are remaining in the term of office, the position will remain vacant until the regular annual elections take place.

A person elected to fill a vacancy holds office for the remainder of the term for which the person's predecessor was elected.

**3. ELECTION PROCEDURES**

The elections will be conducted by the registrar.

**3.1. Nominations**

1. A notice of the regular annual election and call for nominations shall be made at a Senate meeting in January. When a vacancy is identified the notice of the by-election and call for nominations shall be made at the same Senate meeting if appropriate. Nominations will be open for three weeks.

If no candidates are nominated during the nomination period, the call will remain indefinitely extended until a nomination is filed.

2. Candidates must be nominated to a position by five persons entitled to vote in the election. These nominators must be members of the group associated with the position.

Candidates may not accept a nomination for more than one position.

Candidates must be members of the group which elects them. They must sign the nomination indicating a willingness to stand for the position and agreement to serve the term.

3. The registrar will request that each candidate provide the following information:
  - a. the candidate's degrees and the dates of them;
  - b. the candidate's occupation;
  - c. offices held by the candidate at a university or in any other organization;
  - d. the candidate's other professional or business interests; and
  - e. the candidate's publications.

Each candidate may also provide a statement of up to 150 words on the candidate's views on matters rightfully falling under the jurisdiction of the Senate.

This information and the statement will be printed with the list of candidates and voting instructions. These will be posted no later than the week following nominations.

If only as many candidates are nominated for Senate as are required to be elected, the candidates are declared to have been elected.

**3.2. Election Registers or Voters' Lists****1. Faculty and Staff**

The registrar will, upon a call for nominations, prepare an election register or voters' list, which is an alphabetical list of the names and UFV addresses of the faculty and staff who are entitled to vote at an election.

The election register will be open for inspection at all reasonable hours by all members entitled to vote.

**2. Students**

The registrar will also keep an alphabetical list of the names of all students, including those who are members of the Student Union Society. This list will be brought up to date at the call for nominations and just before voting begins.

**3. Voters for a representative of an area must be members of that area.****4. Only those persons whose names appear in the election registers are entitled to vote at an election.****3.3. Voting****1. The voting will be held at least four weeks after the close of nominations.****2. Candidates may conduct an election campaign until the voting begins. The candidates are responsible for removing all posters and campaign material within sight of any designated polling station prior to the start of voting.****3. Balloting will take place over at least a three day, but preferably a four day, period. The registrar will determine an appropriate method for voting that maintains the confidentiality of the process but allows a maximum amount of voter participation.****3.4. Results****1. The registrar must report the results of the election to Senate at the first meeting following the election.****2. The candidate with the highest number of votes will be declared the winner.****3. If there is a tie vote between two or more candidates for an office, the Senate must cast the deciding vote.****4. APPEALS****1. Any appeal of the contents or classifications in the voters' lists should be made to the registrar at least two weeks before voting begins.****2. Any appeal of the conduct of the election shall first be made to the registrar. If the matter is not resolved, then it may be referred to the Senate Elections Appeal Committee.****3. The Senate Elections Appeal Committee shall consist of four members of the Senate who shall consider any appeals of the conduct of elections. The decision of this committee will be final.****5. CHANGES TO THE PROCEDURES**

The registrar will review the procedures after each election and make recommendations for changes to the Senate.

**Appendix C: Conflict of Interest and Code of Conduct**

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**A. Conflict of Interest**

Conflict of interest may include but is not limited to the following situations:

- the member stands to benefit or be harmed financially
- the member has family or close friends who stand to benefit or be harmed
- the career or reputation of the member could be advanced or retarded

A member is not in conflict of interest merely by virtue of prior knowledge of the issue or the person about whom a decision is being made or because of common professional or social relations with a person affected by the decision.

In general, voting on matters which affect a broad group by a member of that group is not considered a conflict of interest. For example, student members may vote on issues such as grade appeals policies and faculty members may vote on issues such as programs offered by their particular divisions.

**B. Code of Conduct**

The effective governance of the University is contingent on Senate members fulfilling their roles and responsibilities to the highest standards of conduct and commitment to the following:

1. A Duty of Integrity – to act honestly and in good faith.
2. A Duty of Loyalty – to give his or her loyalty to the university when acting on behalf of the Senate.
3. A Duty of Care – to act in a prudent and diligent manner, keeping himself or herself informed as to the policies, business, and affairs of the university.
4. A Duty of Confidentiality – notwithstanding the need of members to make an informed decision on an issue before the Senate by obtaining input from internal and external communities, members are to ensure that information which is normally considered confidential remains so.
5. A Duty of Skill – to use one's level of knowledge and one's expertise effectively in dealing with the affairs of the university.