



Introduction to Personal Health and Wellbeing – KNES 104

Kinesiology Program

Course Outline

COURSE IMPLEMENTATION DATE:	September 2020
OUTLINE EFFECTIVE DATE:	September 2020
COURSE OUTLINE REVIEW DATE:	March 2025

GENERAL COURSE DESCRIPTION:

This course will provide a broad introduction to the principles of personal health and wellbeing with emphasis on student health. A review of education and research on a variety of student health issues, and their larger impact on health competency will be investigated and discussed. Students will have opportunities to develop skills and resources for optimal health as it relates to life and academic success.

Program Information: This is a required course in the Kinesiology Certificate and Diploma Program and may be used as an elective for students in other disciplines.

Delivery: This course is delivered face to face.

COTR Credits: 3

Hours for this course: 45 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience	
Other Contact Hours	
Total	45

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-Job Experience	
Formal Work Experience	
Other	
Total	

Course Outline Author or Contact:

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Signature

APPROVAL SIGNATURES:

Department Head

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Department Head Signature

Dean Signature

EDCO

Valid from: September 2020 – March 2025

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:**Prerequisites:** Minimum 65% in English Studies 12, or English for First Persons 12, or equivalent**Corequisites:** None**Flexible Assessment (FA):**Credit can be awarded for this course through FA ☒ Yes ☐ No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

Transfer Credit: For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Student should also contact an academic advisor at the institution where they want transfer credit.

Prior Course Number: N/A**Equivalent Course:** Students who have received COTR credit for KNES 104 may not receive additional credit for HLTH 104.

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Irwin, J., Burke, S., Insel, P., Roth, W.T., (2019). *Core Concepts in Health*. (3rd Can. ed.) McGraw Hill, Toronto, ON.

Please see the instructor's syllabus or check COTR's online text calculator
<http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

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

- demonstrate knowledge of competencies in health enhancement and maintenance skills related to students;
 - identify the various factors and determinants that impact health;
 - examine the relationship between student health, academic success and resiliency;
 - identify resources for student health promotion and support;
 - discuss contextual factors that influence students' experiences of health;
 - demonstrate knowledge and skills of healthy behaviors and practices to support optimal health for students (e.g. nutrition, exercise, sleep, mindfulness, stress management, and others);
 - demonstrate knowledge of concepts, models and theories of health and health behavior;
 - discuss the role healthy students play in a community and global context; and
 - demonstrate ability to research health literature and present it in a user-friendly manner.
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COURSE TOPICS:

- Dimensions, definitions, and determinants of health and wellbeing
 - Personal health assessment
 - Health and wellness continuum
 - Disease prevention
- Behavior change psychology
 - Goal setting
 - Behaviour change theories
- Practices that have links to health, wellbeing and academic success:
 - Physical Activity
 - Benefits, components of fitness, and training principles
 - Impacts of physical activity and nutrition to body composition and weight management
 - Nutrition
 - Overview of nutrients
 - Healthy food choices on campus and at the grocery store
 - Canada Food Guide and dietary guidelines
 - Stress and time management

- Sources of stress
 - Study habits
 - Sleep
 - Sleep physiology
 - Sleep hygiene
 - Mindfulness, yoga and relaxation techniques
 - Foundations theory and practice
 - Gratitude/ kindness
 - Science of happiness
 - Volunteerism
 - Practices
 - Technology use
 - Healthy relationships, including sexual health, and social supports
 - Financial wellbeing
 - Other
- Campus and Community resources and supports for student
 - Mental health awareness (psychological and physiological foundations)
 - Depression, anxiety, suicide awareness, addiction
 - Navigating the health care system, public health
 - Alternative
 - Complementary medicine overview
 - Student health and community and global impacts

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

EVALUATION AND ASSESSMENT:

Assignments	% of Total Grade
Assignments	50%
Midterm	20%
Final Exam	<u>30%</u>
Total:	100%

Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

NOTE: Students must complete all exams and assignments to pass this course

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the schedule's exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.