



3. Understand the magnitude that physical activity impacts health, and which activities optimally enhance wellness.
4. Acquire a basis of the epidemiological evidence related to physical activity and health, with an emphasis on the prevention and treatment of chronic conditions.
5. Be introduced to the physical activity guidelines for various populations.
6. Gain an understanding of determinants of physical activity and strategies to change this health behaviour.
7. Gain insight into physical activity promotion at the community and population level as well as in introduction to currently available resources.
8. Understand the underpinning of the various sub-disciplines of kinesiology, including but not limited to: Sport Sociology, Sport & Exercise Psychology, Coaching Essentials, Nutrition for Healthy Living, Motor Learning & Control, Anatomy & Exercise Physiology, and Athletic Injuries.

#### Learning and Teaching Activities

##### 3.1 Lectures

This class will be lead by Dr. Liardi. Lectures will last ~100 minutes in length. Note-taking is required – slides will NOT be posted or emailed under any circumstances unless otherwise noted in class.

##### 3.2 Supplementary Content

3.6.1 Readings:

Any additional assigned readings may be posted on OWL and/or emailed

3.6.2 A non-exclusive list of topics covered:

*Sport Sociology*

*Sport & Exercise Psychology*

*Coaching Essentials*

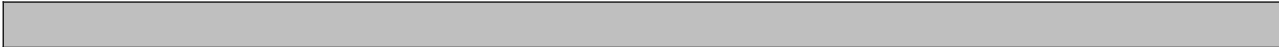
*Nutrition for Healthy Living*

*Motor Learning & Control*

*Anatomy & Exercise Physiology*

*Athletic Injuries*

*Physical Activity and Obesity*



Student Code of Conduct:

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow.

For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>.

English Proficiency for the Assignment of Grades

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

Accommodation for Medical Illness or Non-Medical Absences

[http://www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf)

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-