

Western University
Faculty of Health Sciences
School of Kinesiology

KIN 2000A – Physical Activity & Health
Spring 2021

Instructor: Dr. Laura Williams (she/her)

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Phone: N/A

Office Hours: Mondays 9-10 am EST
Thursdays 7-8 pm EST

Lectures:

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites):

The course focuses on the significant impact that physical activity has on optimal health and well-being. Students will be introduced to, and their knowledge enhanced in, concepts in the area of physical activity and health by exploring the scientific evidence base for the relationships among physical activity, well-being and disease.

Antirequisite(s): Kinesiology 2271B if taken in 2013-14.

Extra Information: This course may not be taken for credit by students registered in the

individuals and populations of individuals, and can play a significant role in the prevention, management, and treatment of numerous health-related conditions. As such, the increasing rate of physical inactivity among the Canadian population is a primary health concern. This course will provide a foundation of knowledge in topics related to the relationship between physical activity and health.

Intended Learning Outcomes for the Course:

1. Describe key terminology and concepts related to physical activity, exercise and health
2. Explain basic exercise physiology principles with respect to the cardiovascular, respiratory and muscular systems
- 3.

following electronic devices during ANY of the tests, quizzes, midterms, examinations,

doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.