

McMASTER UNIVERSITY

Department of Kinesiology

KINESIOL 1C03

EXPLORING PHYSICAL ACTIVITY AND HEALTH RESEARCH

Term 2

Winter 2018

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Office Hours: Thursdays 1pm – 3pm or by appointment

COURSE DESCRIPTION

The ever increasing percentage of the Canadian population considered obese and living a sedentary lifestyle is emerging as a primary health concern. This course provides an overview of the epidemiology of physical activity and health. General concepts of epidemiological study will be introduced and the relationships among physical activity, health and disease are discussed.

COURSE OBJECTIVES

Course Content Objectives

Upon completion of this course, the student will be able to:

1. Describe the historical context from which the study of physical activity as a health behaviour arose and how this background affects the research and practice of physical activity epidemiology.
2. Identify the prevalence of physical activity overall; and to relate issues of surveillance, measurement and intervention to adults, as well as to special populations, including children, women and the elderly.
3. Explain the general biological origin of a variety of chronic diseases. Diseases covered in the course are listed in the Course Overview section (see below).
4. Describe the relationship of physical activity (dose) and impact (effect) of physical activity as it pertains to chronic disease and its associated risk factors. Diseases covered in the course are listed in the Course Overview section (see below).
5. Discuss the personal and economic impacts of a sedentary lifestyle.

Skill and Value-Based Learning Objectives:

Upon completion of this course, the student will demonstrate competencies in:

- **Locating relevant research papers** using campus resources.
- **Reading relevant research papers** and demonstrating comprehension by completing tests/assignments which will test the student's ability to focus on the pertinent information from the studies as well as the basic study design.
- **Presentation skills** by summarizing a relevant research paper in an online modality.
- **Teamwork and interpersonal skills** by engaging in and/or initiating participation in small group tutorial exercises and discussion boards
- **Personal organization and time management** in order to multi-task, set priorities, and allocate time effectively to meet deadlines such as tests, assignments, exams, and lecture attendance.
- **Professional interaction and communication** via email, online forums, and face to face meetings with professors, teaching assistants, and peers.
- **Displaying appropriate and respectful behaviour** towards the instructor, teaching assistants, and peers.

REQUIRED TEXT/READINGS

There is no specific textbook for the course. Any course readings will be posted on **Avenue to Learn** (see below).

TOPIC OUTLINE

Topics that will be covered include:

- Origins of Physical Activity Epidemiology
- Concepts and Methods in Physical Activity Research
- Measurement and Surveillance of Physical Activity and Fitness
- All-Cause and Cardiovascular Disease Mortality
- Cerebrovascular Disease and Stroke
- Physical Activity and Hypertension
- Physical Activity and Hyperlipidemia
- Physical Activity and Obesity
- Physical Activity and Diabetes
- Physical Activity and Osteoporosis
- Physical Activity and Cancer
- Physical Activity and Disability
- Physical Activity and Mental Health

ASSIGNMENTS AND GRADING

The following system shall be used to determine the student's final grade. Note that changes to the grading scheme are NOT permitted under any circumstances.

Term Test 1 – Mon, Feb 5	25%
Term Test 2 – Mon, Mar 12	25%
Research Paper Assignment	10%
Cumulative Final Exam	<u>40%</u>
<u>TOTAL</u>	<u>100%</u>

Notes on evaluation:

- Term tests and final exam will cover material from both the lectures and the required readings (if applicable). Tests are held during class time.

RESEARCH PAPER ASSIGNMENT

1. Purpose

This assignment serves to (1) reinforce concepts presented in lectures, (2) provide exposure to conducting a literature search and (3) introduce students to effective presentation skills. The assignment will consist of two parts, a written component and an oral component (Each worth 5% of the course). The specifics of the assignment will be discussed in class and posted on Avenue.

Due dates: Written: Anytime before Friday, Mar 2 at 6pm

Oral: Anytime before Thurs, Mar 29 at 6pm

2. Assignment Submission Procedure

(A) Assignments are considered individual work and normal University policies regarding academic honesty will apply (see below). In this course we will be using a web-based service (Turnitin.com) to reveal plagiarism. Students can submit their work electronically via the Avenue course dropboxes which use Turnitin.com to check for academic dishonesty. Students who do not wish to submit their work through Turnitin.com must instead submit a hard copy to their TA by the same deadline as for the electronic dropboxes. No penalty will be assigned to a student who does not submit work through Turnitin.com. To see the Turnitin.com policy, please go to www.mcmaster.ca/academicintegrity

(B) All written assignments **MUST** be submitted in WORD or PDF format. Oral assignments should be in a format such as MP4, QuickTime Movie, or any appropriate format that can be viewed online via Avenue.

(C) Failure to hand in your assignment by the deadline will result in a mark of ZERO being assigned for that component, unless there is a legitimate reason (see below).

TUTORIALS

Tutorials are designed to teach the skills required to do the research paper assignment and to introduce topics related to the research process and research design.

Attendance is mandatory and will be counted as part of the research paper assignment mark. Specific details regarding the tutorial content and schedule will be posted on Avenue.

POLICY ON THE USE OF CALCULATORS IN TEST AND EXAMINATIONS

Calculators will be permitted during tests. Permission is restricted to non-programmable calculators only (eg. CASIO FX991).

POLICY REGARDING DEFERRED TESTS AND EXAMS

Students who miss tests or exams for legitimate reasons such as illness may be allowed to write a deferred or "make-up" test. The format is usually different from the regularly scheduled test/exam and typically requires written responses to short-answer or essay-type questions. For all instances, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science (BSB 129) within 3 business days of the missed work or an MSAF must be submitted (see below).

Students who miss a Registrar-scheduled final exam can apply to the Associate Dean's office for permission to write in the deferred final exam schedule. In all cases, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science, for consideration of deferred examination permission. Under no circumstances will the instructor re-schedule a final exam for individual students.

MCMASTER STUDENT ABSENCE FORM

If you are absent from the university for a minor medical or personal reason, lasting fewer than 3 days, you may report your absence, without documentation, using the McMaster Student Absence Form (as long as the missed work is worth less than 25% of the final course grade). Absences for a longer duration or for other reasons (eg. Religious, personal) must be reported to your Faculty/Program office, with documentation, and relief from term work may not necessarily be granted. When using the MSAF, report your absence to howartkr@mcmaster.ca. Then contact the instructor/lab TA immediately (normally within 2 working days) by email/telephone/in person to learn what relief may be granted for the work you have missed, and relevant details such as revised deadlines, or time and location of a make-up exam.

ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES

Academic Accommodation of Students with Disabilities Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140, ext. 2865 or e-mail sas@mcmaster.ca. For further information, consult McMaster University's Policy for Academic Accommodation of Students with Disabilities.

ACADEMIC INTEGRITY

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences (e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript reading "Grade of F assigned for academic dishonesty", and/or suspension or expulsion from the university). It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at:

<http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf>

The following illustrates only three forms of academic dishonesty:

- Plagiarism (e.g. the submission of work that is not one's own or for which other credit has been obtained),
- Improper collaboration in group work.
- Copying or using unauthorized aids in tests and examinations.

USE OF COURSE MATERIALS

Course materials provided by the instructor are for use by students registered in this class only. Under no circumstances are these materials to be shared, posted or sold to a third party without permission from the instructor. This includes, but not limited to, online posting of lecture/tutorial notes, online lectures, recordings of lectures, or any tutorial materials on a website other than the Avenue site designed for the course.

COURSE OUTLINES AS CONTRACTS BETWEEN STUDENTS AND THE UNIVERSITY

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes. Also, the course instructor will maintain an Avenue to Learn component for the course and students are expected to monitor (i.e., check the Avenue to Learn notice board and postings) at least twice per week and be aware of any changes that are made.

COMMUNICATION POLICY & ON-LINE LEARNING RESOURCES

Announcements regarding scheduled test dates, potential changes to course content and other information or updates relevant to the course will be communicated to students during lectures. Students are expected to take all necessary steps to obtain this information, the primary means being regular class attendance. McMaster e-mail accounts and **Avenue to Learn** may also be used to communicate information to students. **Avenue to learn:** avenue.mcmaster.ca

- Students are expected to check **Avenue** at **least twice each week**. **Avenue** will be the instructor's main method of communication with students.
- Students are responsible for any course content that is delivered via **Avenue**. Details regarding this online content will be given in class.
- It is the responsibility of the student to take all necessary steps to find out about course changes including, but not limited to, class attendance, changes to schedules, announcements and instructions.
- Any instructions/announcements that are verbally given in lecture are the responsibility of the student.
- The instructor will only communicate with students via their official McMaster email account.

Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

STUDENT SUCCESS CENTRE

The Student Success Centre (SSC) is a resource for all McMaster students and offers services in several areas including Academic Concerns. SSC is located in Gilmour Hall (GH) 110 and their website can be found at: <http://studentsuccess.mcmaster.ca>

Students can speak to academic counselors or review materials online to help with:

- Marks, test results, academic performance
- Motivation, interest in courses, sense of direction
- Time management, study habits, personal organization
- Stress in dealing with the academic workload
- Listening and note taking in university lectures
- Reading for university courses
- Preparing for or writing tests and exams; strategies for multiple choice exams

FEEDBACK

It really helps us improve our services when we hear from our students, faculty and staff about what we can do better. A feedback process brings to our attention situations in which we may not have adequately considered accessibility and allows us to better plan for accessibility in the future.