GENERAL EDUCATION PROGRAMS
School of
PUBLIC HEALTH AND COMMUNITY MEDICINE

GENM0703

Concepts of Physical Activity, Exercise and Health

Course Outline
Semester One 2012

UNSW
THE UNIVERSITY OF NEW SOUTH WALES
SCHOOL OF PUBLIC HEALTH AND COMMUNITY MEDICINE

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Welcome

to Concepts of Physical Activity, Exercise & Health.

In this course you will have the opportunity to learn about various issues related to physical fitness, health and nutrition.

Reading this course outline will provide you with information essential to your successful completion of the course.

Course information

Units of credit

This is a 6 unit General Education course.

Pre-requisites

There are no pre-requisites to enrol into this course.

Course aim

The aim of this course is to provide students with knowledge regarding the role of physical activity and exercise prescription in terms of disease prevention and treatment, improvement of health and physical fitness and the enhancement of a healthy lifestyle for total wellbeing.

Course outcomes

At the end of this course you should be able to:

- Explain the benefits and specific aspects of how regular physical activity and exercise are vital for optimal health and contribute to physical fitness.
- Recognise appropriate and inappropriate levels of activity for disease prevention and treatment.
- Determine appropriate physical activity and exercise prescriptions for a variety of levels and needs within the general population.
- Recognise risk factors affecting an individual's. Health (such as sedentary behaviour, smoking, poor diet, genetics etc)
- Contrast the postural, and motivation requirements of a variety of individuals.
- Identify a variety of specific requirements for individuals such as postural, motivational and nutritional needs.

- Demonstrate understanding of components of physical fitness and develop a physical activity and exercise program to meet specific needs and context.
- Demonstrate sound information literacy through locating, evaluating and using relevant references.
- Demonstrate effective collaborative and oral communication skills.

Learning & teaching rationale

Lack of physical activity and the struggle to find a balanced diet which leads to the increase risk of chronic disease are ever increasing problems facing the contemporary Australian population.

Most people would like to be motivated to take steps to improve their overall health. However, many report making frequent resolutions to ‘change’, whilst rarely acting on them. Others find themselves confused by mixed messages in the media– often from seemingly reliable sources.

The approach that this course takes is to provide you with facts and tools to improve overall health.

We hope that as you progress through the course, you will find yourself being more conscious about your own health and making positive changes to your lifestyle.

Teaching strategies

Through participation in the tutorial group exercises you will be able to reflect on, and analyse your own health & fitness experiences, and improve upon future experiences.

The classes are not physically active sessions, however some of the tutorials involve practical work like practising simple stretches.

Through the presentation assessment, you will be given the opportunity to pursue your own individual interests (related to the subject matter). Working in a group will allow you to experience teamwork with students from other disciplines.

Preparing & performing the presentation will enable you to improve your oral communication skills. The peer review of fellow students within these oral presentations will allow further understanding of presentation skills.

Weekly online quizzes will allow you to gauge your understanding of material presented in lectures and tutorials as well as help develop independent learning skills.

The online discussions will provide a forum for you to engage and discuss issues relating to physical activity and health.

Assessment

There are four components to the assessment:

1. A mini quiz – 5 mini quizzes = 10%
2. Discussion forum – 3 online discussions = 15%
3. Group presentation - on a topic of your choice relating to 'exercise & special populations' = 25%
4. Final exam – Multiple choice question exam (2 hours) = 50%

Attendance is monitored on a weekly basis and as per University policy a minimum 80% attendance rating is required or else you may receive an Absent Fail for the course. All four assessment tasks need to be completed, as well as achieving a combined minimum score of at least 50% in order to pass the subject.

Should you miss an assessment you will be required to obtain relevant documentation, such as a Medical certificate in case of illness. You are also required to contact the lecturer as soon as possible, to discuss the situation.

Details of assessment requirements

1. Mini quizzes – 10%

There are 5 mini online quizzes.

- Each online quiz will be posted on Blackboard commencing on Monday, Week 3.
- Completion and submission of each quiz will be required within the same week (Sunday 5pm).
- The mini quizzes will be devised from content covered in the lecture and tutorials.
- Answers will be provided on blackboard on the following Monday for you to self mark.

Learning outcomes addressed

- Recognise the benefits and specific aspects of how regular physical activity and exercise are vital for optimal health and contribute to physical fitness.
- Recognise appropriate and inappropriate levels of activity for disease prevention and treatment.
- Determine appropriate physical activity and exercise prescriptions for a variety of levels and needs within the general population.
- Recognise risk factors affecting an individual's health (such as sedentary behaviour, smoking, poor diet, genetics, etc)

- Identify a variety of specific requirements for individuals such as postural, motivational and nutritional needs.
- Demonstrate sound information literacy through locating, evaluating and using relevant references.

Assessment criteria

2% will be awarded for each submitted quiz within the pre determined time frame.

2. Discussion forum – 15%

There are 3 online discussion forums.

- Each discussion topic will be posted on blackboard on Monday of Week 3, 6 and 10.
- You will have 3 weeks to participate in each online discussion.
- It is expected that you contribute a minimum of 3 online postings (at least 1 posting per discussion topic) over the course of the semester.
- Each posting is worth 5% and should be a minimum of 250 words.

Learning outcomes addressed

- Demonstrate sound information literacy through locating, evaluating and using relevant references.
- Explain the benefits and specific aspects of how regular physical activity and exercise are vital for optimal health and contribute to physical fitness.
- Demonstrate understanding of components of physical fitness and develop a physical activity and exercise program to meet specific needs and context.
- Demonstrate effective collaborative online communication skills.

Assessment criteria

- 5% will be awarded for participation in each discussion forum.
- Marks will be awarded for understanding, application and reflection of course and reading material.

3. Group presentation – 25%

These are conducted over Weeks 7 & 8 in your tutorial.

Assignment title: 'Exercise for a specific population'

Sample population groups include: diabetes, hypertension, obesity, heart disease, osteoporosis, cancer, asthma, pregnancy, children, older adults, etc.

Task description: As a group, outline the following areas based on your selected topic:

1. Definition of this condition including physiological changes occuring relevant to exercise prescription.
2. Benefits of exercises specific to this population.
3. Precautions for exercise.
4. Examples of appropriate exercise.

15%	=	content
5%	=	presentation
5%	=	peer review
25%	=	total mark

Marks will vary between group members based on the above criteria.

A reference list is required to be submitted from each student in Week 7. A 5% loss will result in failure to submit a reference list on time . All students are required to attend both weeks and be involved in a peer review for fellow classmates. Students cannot elect to leave once their group has presented, or not attend the alternate week.

A medical certificate or similar documentation will be required for absences in either week (even if you have already presented the week prior) before you will be eligible to receive your presentation results.

Learning outcomes addressed

- Demonstrate sound information literacy through locating, evaluating, and using relevant information.
- Demonstrate effective collaborative, and oral communication skills
- Discuss the diversity of health and fitness needs within the general population.

Assessment criteria

- Relevance (ie to answering the question)
- Research (ie synthesis of literature including referencing)
- Description (of issue/problem)
- Argument
- Analysis
- Expression (communication of ideas)
- Ability to work in a multidisciplinary team

4. Final exam – 50%

This is held in the general exam week.

- Negatively marked – 1 in 4 correction factor ie for every 4 questions answered incorrectly 1 mark is lost
- Content is weighted towards the last half of the course however there are questions from the first half of the course as well.
- Bring a 2B or HB pencil, eraser, and your student ID card

Learning outcomes addressed

- Indicate how regular physical activity and good nutrition are vital for optimum health.
- Recognise risk factors affecting an individual's ability to participate in an exercise program.
- Contrast the postural, and motivational requirements of a variety of individuals.
- Compare and select appropriate cardiovascular, muscular conditioning and flexibility exercises for a range of levels and needs within the general population.
- Recognise appropriate nutritional plans for optimum health.

Assessment criteria

Marks are awarded for understanding and application of the course material, and correctness.

Grading

Formative results will be made available throughout the semester. These results will be online at the end of Week 6, 9 and 13. A further update of these results will be made within two weeks of the final exam. These will be available online thru UNSW Blackboard http://telt.unsw.edu.au/

If you do not know your zPass you would need to phone 9385-1777 to obtain this information which is required to allow access to your results.

Academic honesty and plagiarism

At UNSW plagiarism is considered to be a form of academic misconduct and is viewed very seriously. The following notes describe what plagiarism is. You need to ensure you understand what it is so you avoid it in any of your assignments or other work:

What is Plagiarism?

Plagiarism is the presentation of the thoughts or work of another as one's own.* Examples include:

- direct duplication of the thoughts or work of another, including by copying material, ideas or concepts from a book, article, report or other written document (whether published or unpublished), composition, artwork, design, drawing, circuitry, computer program or software, web site, Internet, other electronic resource, or another person's assignment without appropriate acknowledgement;
- paraphrasing another person's work with very minor changes keeping the meaning, form and/or progression of ideas of the original;
- piecing together sections of the work of others into a new whole;
- presenting an assessment item as independent work when it has been produced in whole or part in collusion with other people, for example, another student or a tutor; and
- claiming credit for a proportion a work contributed to a group assessment item that is greater than that actually contributed.†

For the purposes of this policy, submitting an assessment item that has already been submitted for academic credit elsewhere may be considered plagiarism.

Knowingly permitting your work to be copied by another student may also be considered to be plagiarism.

Note that an assessment item produced in oral, not written, form, or involving live presentation, may similarly contain plagiarised material.

The inclusion of the thoughts or work of another with attribution appropriate to the academic discipline does *not* amount to plagiarism.

The Learning Centre website is main repository for resources for staff and students on plagiarism and academic honesty. These resources can be located via: www.lc.unsw.edu.au/plagiarism

The Learning Centre also provides substantial educational written materials, workshops, and tutorials to aid students, for example, in:

- correct referencing practices;
- paraphrasing, summarising, essay writing, and time management;
- appropriate use of, and attribution for, a range of materials including text, images, formulae and concepts.

Individual assistance is available on request from The Learning Centre.
Students are also reminded that careful time management is an important part of study and one of the identified causes of plagiarism is poor time management. Students should allow sufficient time for research, drafting, and the proper referencing of sources in preparing all assessment items.

* Based on that proposed to the University of Newcastle by the St James Ethics Centre. Used with kind permission from the University of Newcastle
† Adapted with kind permission from the University of Melbourne.

Referencing

It is your responsibility to learn one of the accepted academic methods for acknowledging sources of information (citing references) and then to use this method consistently. Guidelines for acknowledging sources of information can be found on the following web sites:
http://www.sphcm.med.unsw.edu.au/sphcmweb.nsf/page/AssessmentGuidelines

http://www.lc.unsw.edu.au/olib.html#Referencing

Additional support to students

Lecture notes and Tutorial notes are available through the online component in UNSW Blackboard under Course Resources/Notes: http://telt.unsw.edu.au/

It is expected that students print these out and bring them along to the relevant lectures and tutorials.

The Learning Centre has a number of handouts to assist you in preparing for the presentation and exams including those titled: 'Seminar presentations', 'Speaking to an audience', and 'Multiple choice exams'.

Suggested reading

We recommend you refer to weekly lecture and tutorial material on blackboard for suggested readings.

Course schedule: Semester 1, 2012

Date	Week	Lecture: BIOMED D 12pm Mondays	Tutorial Times: 10am, 11am,1pm, 2pm Mondays
27/2/12	1	***No lectures***	***No tutorials***
5/3/12	2	Introduction: evolution of health & fitness	Motivation/Goal Setting
12/3/12	3	Responses to exercise	Muscles and joints
19/3/12	4	Health benefits of exercise & physical activity	Posture: preventing back pain
26/3/12	5	Assessment of the components of fitness	Getting to the core of things
2/4/12	6	Movement preparation	Presentation preparation
9/4/12	MSB	***No lecture***	***No tutorials***
16/4/12	7	***No lecture***	**TUTORIAL PRESENTATIONS (25%)**
23/4/12	8	Cardio respiratory conditioning	**TUTORIAL PRESENTATIONS (25%)**
30/4/12	9	Muscular conditioning	Muscular conditioning prac
7/5/12	10	Flexibility options	Stretching prac
14/5/12	11	Mental health	Sleep and relaxation
21/5/12	12	Nutrition: eating for optimal health	Your diet analysed
28/5/12	13	Special populations & exercise eg: obesity, elderly, diabetes, children, pre/post natal, asthma, etc…	Oral quiz revision: Exam preparation tutorial
8/6/12-25/6/12	Exam Week	**FINAL EXAMINATION (50%)**	