 COURSE DESCRIPTIONS
 Fall 2009

HKIN 103 – 3 – 4
Active Health
This course is designed to facilitate lifelong physical activity. Students will learn how to design basic fitness programs and develop fitness leadership skills. Students will experience a basic fitness appraisal and participate in a variety of exercise methods. The benefits of health-related fitness and the use of an exercise prescription will be explored. This course will require students to arrange their own transportation to off-site recreation / fitness facilities once a week for 12 weeks. (2,2,0)
Prerequisite: none

HKIN 161 – 3 – 3
Physical Activity in Canadian Society
This course is designed to unravel myths and stereotypes associated with physical activity. Students will use critical thinking to examine the impact of sport, recreation and fitness on our local and global communities, and will engage in discussion of current social issues. Historical, political, economic and sociological perspectives on physical activity in Canada will be introduced. (3,0,0)
Prerequisite: none

HKIN 231 – 3 – 3
Sport and Exercise Psychology
This course is based on the study of psychology as it applies to sport and exercise. Students will learn how to create productive sport and exercise environments that will enhance psychological growth and development. A variety of mental skills training techniques will be explored to improve sport performance, personal well-being and adherence to exercise programs. (3,0,0)
Prerequisite: Second year standing

HKIN 273 – 3 – 4
Fitness Testing and Exercise Prescription
This course is designed to provide core knowledge and applied skills necessary to become a personal trainer. The focus is on health-related counselling strategies, fitness appraisal and exercise prescription for apparently healthy adults. Students will discuss issues related to professionalism, liability and business practice. This course incorporates competency requirements for BC Recreation and Parks Association (BCRPA) registration, and is based on Canadian Society for Exercise Physiology - Canadian Physical Activity, Fitness and Lifestyle Approach (CSEP - CPAFLA). (2,2,0).
Prerequisites: HKIN 173, and HKIN 152
Corequisites: HKIN 231 and HKIN 275

HKIN 275 – 3 – 4
Exercise Physiology
How does the human body respond to the demands of exercise and sport performance? This lecture and laboratory course will examine the acute and chronic effects of exercise on the human body. Study will focus on the cardiovascular, respiratory and neuromuscular systems. Every week, this course will meet twice for a 2-hour class block. A 2-hour lab will be held on alternate weeks. During a week with a lab, students will meet 2 hours for lecture. During a week with no lab, students will meet for 2 x 2 hour lecture. (3,1,0).
Prerequisite: BIOL 133

HKIN 291 – 3 – 4
Applied Methods: Gymnastics and Dance
This course provides students with the knowledge and experience necessary to teach developmental gymnastics and dance lessons in the K to 12 education system. Students will learn to analyze, plan, lead, and perform gymnastics and dance activities. This course requires students to participate in vigorous physical activity and will require students to arrange their own transportation to off-site sports facilities twice a week for 13 weeks. (1,3,0).
Prerequisite: None

Please note that HKIN 121 will not be offered in the 2009/2010 academic year. It will run in alternate years with HKIN 261 and be offered again in the Winter of 2011.

HKIN 121 – 3 – 4
Biomechanics
This course focuses on the development of forces within muscles and their effect on initiating and controlling human movement. Students will use a problem-solving approach as they analyze human movement patterns. Elementary principles of physics and mathematics will be reviewed and numeracy skills will be developed. (3,1,0).
Prerequisite: Principles of Mathematics 11 or an equivalent Advanced Level Adult Basic Education Mathematics course.
COURSE DESCRIPTIONS
Winter 2010

HKIN 111 – 3 – 3
Health and Human Nutrition
This course provides an introduction to scientific concepts in human nutrition. Students will learn about the function of nutrients and the effects of eating habits on health. The focus will be on helping students to make healthy food choices based on critical evaluation of scientific evidence. Students will have an opportunity to complete a personal dietary analysis. (3,0,0).

Prerequisite: none

HKIN 152 – 3 – 3
Personal Wellness and Community Health
This course will critically examine contemporary health issues and health information. Students will study the determinants of health and wellness. Discussion will focus on changing human behaviours to build healthy lifestyles and prevent disease. The inter-relationship of individual, social and environmental factors will be explored in order to enhance personal wellness and community health. (3,0,0)

Prerequisite: none

HKIN 173 – 3 – 4
Biodynamics of Strength and Conditioning
This course is designed to introduce students to biomechanical principles and qualitative analysis. Students will learn functional anatomy while exploring the movement capabilities of the human body. Active learning will involve observation and demonstration of a variety of common resistance training exercises, with a focus on proper technique and safety. This course will develop the competencies required for BC Recreation and Parks Association (BCRPA) Weight Training I registration. This course will require students to engage in vigorous physical activity and to arrange their own transportation to off-site fitness facilities once a week for 10 weeks. (2,2,0).

Prerequisite: HKIN 103

HKIN 230 – 3 – 4
Motor Learning and Control
This course will introduce students to the study of human motor behaviour. It will examine factors that influence a person’s ability to initiate and control a movement pattern. Students will learn how to create successful practice environments and provide effective feedback to enhance human performance. (3,1,0)

Prerequisite: none

HKIN 241 – 3 – 4
Introduction to Athletic Injuries
This course provides students with the knowledge and practical skills to reduce the risk of athletic injury. Students will learn about the field of athletic therapy and about sport safety. Common sports injuries will be studied along with the practical skills in wrapping and taping associated with the care of these injuries. At the completion of this course, students may be eligible for Sports Aid certification through the Sports Medicine Council of British Columbia. (2,2,0).

Prerequisite: BIOL 133 or HKIN 173; current Standard First Aid or approved alternate; current CPR Level C or approved alternate.

HKIN 261 – 3 – 3
Health, Policy and Canadian Society
This course analyzes the concept of health in relation to specific policies that address the consequences of illness and inactivity on the quality of life and well-being of Canadians. The evolution of health care and health care policy in Canada will be examined. Health promotion and social determinants of health will be discussed via the critical comparison of medical and social models of health. (3,0,0).

Prerequisite: HKIN 161

HKIN 284 – 3 – 3
Growth and Motor Development
This course develops fundamental knowledge of physical growth and motor development from a life span perspective. The student will apply this knowledge by examining the effects of physical activity on growth, development and health. Students will be challenged to develop strategies to foster optimal motor development in every individual and to promote physical activity throughout the life span. (3,0,0).

Prerequisite: Second year standing

HKIN 295 – 3 – 4
Applied Methods: Basketball and Soccer
This course provides students with the knowledge and experience necessary to teach basketball and soccer lessons in the K – 12 education system. Students will learn to analyze, plan, lead, and perform basketball and soccer activities. This course requires students to participate in vigorous physical activity and will require students to arrange their own transportation to off-site sports facilities twice a week for 13 weeks. (1,3,0).

Prerequisite: None