**FALL 2008**

**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 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 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 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

**WINTER 2009**

**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 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.

**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