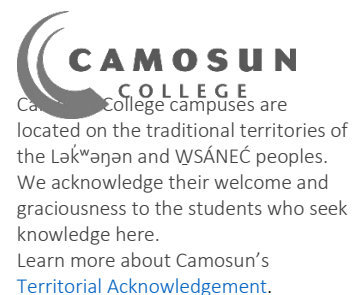


COURSE SYLLABUS

COURSE TITLE: KIN 350 – Health and Fitness Promotion
CLASS SECTION: 001, B02, BX02
TERM: 2025W
COURSE CREDITS: 3
DELIVERY METHOD(S): Lecture



For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Dr Tanis Farish
EMAIL: farisht@camosun.ca
OFFICE: PISE 212f
HOURS: 350-001 Tuesdays 10:00-11:20am; Friday 8:30-9:50am
350-BX02, B02 Tuesdays 8:30-9:50am; Friday 10:00-11:20am

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will explore a variety of health promotion models, strategies and interventions related to the individual, community, organizational and policy level. Students will study health promotion principles, practice, intervention designs and program planning to ensure sustainable health outcomes across various populations and settings such as family, school, community and the worksite.

PREREQUISITE(S): one of: ENGL 151, ENGL 161, ENG 163 or ENGL 164
CO-REQUISITE(S): None
EXCLUSION(S): None

COURSE LEARNING OUTCOMES / OBJECTIVES

At the completion of the course, students will be able to:

- Explain the strategies encompassing the Ottawa Charter and the development of health promotion in Canada.

- Discuss the determinants of health, population health, and ecological approaches to health promotion including factors specific to Indigenous Peoples.
- Explain effective strategies used in the practice of health promotion including successful health promotion planning, policy, and program delivery, including factors specific to Indigenous Peoples.
- Identify best practices associated with health promotion considerations for various cultural, ethnic, gender, and age-related differences as well as varying functional abilities.
- Identify best practices associated with health promotion in a variety of settings including homes, community, schools, workplaces, and health care facilities.
- Develop comprehensive health promotion plans.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION




Readings: Various assigned readings and videos will be identified throughout the course.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

KIN 350-001: Tuesdays 10:00-11:20am (PISE 330) & Fridays 8:30-9:50am (PISE 330)

KIN 350-B02/BX02: Tuesdays 8:30-9:50am (PISE 330) & Fridays 10-11:20am (PISE 330)

 = article summary/discussion  = quiz  = assignment/presentation

| WEEK OF: | TOPIC FOR LECTURE 1 | TOPIC FOR LECTURE 2 |
|-------------------|---|---|
| WK. 1 – JAN 7-10 | Course Overview and Introduction What is Health? What is Health Promotion? Health Promotion articles and group discussions | Upstream/Downstream Story & Lecture Homework: Reflections in D2L |
| WK. 2 – JAN 14-17 | Health Promotion Models and Terms Readings: Theory at a Glance Guide for HP Structure for Term Project | Using Theory in Health Promotion Homework: Review Vital Signs 2024 |
| WK. 3 – JAN 21-24 | Finish up theories in HP Victoria and Vancouver Healthy Planning Article presentations & discussion #1 Students to bring in HP examples to share | Health Measures and Initiatives QUIZ 1 DUE |
| WK. 4 – JAN 28-31 | Social Determinants of Health and Health Communication Communities of Practice lecture ***Article presentations & discussion #2 | Social Determinants of Health and Health Communication _ DUE: Part 1, Project Proposal Pitch |
| WK. 5 – FEB 4-7 | Social Determinants of Health and Healthy Communities | Social Determinants of Health and Healthy Communities |

| | | |
|--------------------|--|---|
| | Article presentations & discussion #3 | |
| WK.6 – FEB 11-14 | Child and Youth Health Article presentations & discussion #4 | Logic Models (overview of Community Project) KIN 350-B02 – goes online |
| WK. 7 – FEB 18-23 | READING WEEK | READING WEEK |
| WK. 8 – FEB 25-28 | Midterm Week and Community Project | DUE: Community Project Midterm Assignment |
| WK. 9 – MAR 4-7 | Child and Youth Health Promotion Article presentations & discussion #5 | Group work on situational assessment and insights DUE: Part 2 – Situational Assessment |
| WK. 10 – MAR 11-14 | Fitness Promotion Last discussion for KIN 350-001 Article presentations & discussion #6 | Human Design Overview and activities Sign up for final presentations |
| WK. 11 – MAR 18-21 | Logic Models Applied <ul style="list-style-type: none"> • HP Food Security • Health and Place – Urban vs Rural | Programming discussions <ul style="list-style-type: none"> • Catch up/summarize learnings for presentations Healthy communities and social connectedness Healthy Communities and healthy eating |
| WK. 12 – MAR 25-28 | Public Policy and Development <ul style="list-style-type: none"> • Taxation on bad habits • Housing/Homelessness | Evaluation Group work – presentation readiness <ul style="list-style-type: none"> • Evaluation of programs |
| WK. 13 – APR 1-4 | Presentation handed in to D2L Student term project presentations | Student term project presentations |
| WK. 14 – APR 8-11 | Student term project presentations | Final presentations Wrap Up Finished Term |
| | | |

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

EVALUATION OF LEARNING

| DESCRIPTION | WEIGHTING |
|--|-----------|
| Article Summary and Discussions | 20 |
| Term Assignment Part 1 – Project Proposal Pitch and Situational Analysis | 20 |
| Quiz | 10 |
| Community Project | 20 |

| DESCRIPTION | WEIGHTING |
|---|-----------|
| Term Assignment Part 3 – Final Presentation | 30 |
| | |
| TOTAL | 100% |

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](#) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

The Kinesiology Department requires mandatory attendance for the first class meeting of each Kinesiology (KIN) course. If you do not attend, and do not contact your instructor to provide a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

If a student is absent, **the student** is responsible for any information he/she missed (i.e., information related to class material, group discussions, exam format/content and dates). Students should obtain the missed information from their peers before asking the instructor.

SCHOOL OR DEPARTMENTAL INFORMATION

Standard Grading System (GPA)

| Percentage | Grade | Description | Grade Point Equivalency |
|------------|-------|--------------------------------------|-------------------------|
| 90-100 | A+ | | 9 |
| 85-89 | A | | 8 |
| 80-84 | A- | | 7 |
| 77-79 | B+ | | 6 |
| 73-76 | B | | 5 |
| 70-72 | B- | | 4 |
| 65-69 | C+ | | 3 |
| 60-64 | C | | 2 |
| 50-59 | D | | 1 |
| 0-49 | F | Minimum level has not been achieved. | 0 |

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies;

demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

| Support Service | Website |
|-------------------------------------|---|
| Academic Advising | http://camosun.ca/advising |
| Accessible Learning | http://camosun.ca/accessible-learning |
| Counselling | http://camosun.ca/counselling |
| Career Services | http://camosun.ca/coop |
| Financial Aid and Awards | http://camosun.ca/financialaid |
| Help Centres (Math/English/Science) | http://camosun.ca/help-centres |
| Indigenous Student Support | http://camosun.ca/indigenous |
| International Student Support | http://camosun.ca/international/ |
| Learning Skills | http://camosun.ca/learningskills |
| Library | http://camosun.ca/services/library/ |
| Office of Student Support | http://camosun.ca/oss |
| Ombudsperson | http://camosun.ca/ombuds |
| Registration | http://camosun.ca/registration |
| Technology Support | http://camosun.ca/its |
| Writing Centre | http://camosun.ca/writing-centre |

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the

appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of

when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.