



Land Acknowledgement

We respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory UBC Okanagan is situated.

Health and Exercise Sciences 201 001 (3 credits)
Exercise Prescription
2023/24 W1

Instructor: Dr. Gregory duManoir PhD
Office: ART 138
Office phone: 250.807.9958
Office Hours: Wednesday & Friday, 10:00 – 11:00
Zoom
Meeting ID: 251 384 6958
Password: 670515
email: greg.dumanoir@ubc.ca

<u>Class times:</u>	Lecture	T	15:30 – 17:00	ASC 140
		R	15:30 – 17:00	ASC 140

Teaching Assistants: (please connect with them through Canvas if needed)
Adams, Nate
Ursel, Spencer

Academic Calendar Entry

HES 201 (3) Exercise Prescription

Exercise prescription and testing for both the healthy adult population and for special populations or persons with a disability. [3-2-0]

Prerequisite: All of HES 101, HES 105, HES 203.

Course Format

The lecture-based course will focus on the key fitness components and exercise prescription concepts and principles for healthy individuals. Application of these principles to youth, older adults, persons with disability and chronic disease will be discussed. In addition, key special topics that are ‘hot topics’ in the literature today will be covered.

Activities including discussions, practical experiences and evaluations will provide the optimal learning environment for students and require student participation.



Course Overview, Content, and Objectives

This course is designed to provide a comprehensive overview of exercise prescription for adult populations with introductory information on children, older adults, persons with disability and chronic disease.

The course will examine emphasize definitions of health and fitness, exercise training principles including; program design, evaluation, and application of different modes of exercise training.

The learning objectives are to:

- Progress students’ knowledge of how to prescribe exercise for individuals across the lifespan to improve their health, fitness and physical performance.
- Work with students to apply knowledge learned about the principles of training to design safe and effective exercise programs for individuals
- Assist students in developing their critical thinking skills to evaluate research and innovation in the area of exercise prescription

Learning Outcomes

1. Apply scientific knowledge to train healthy persons, across the lifespan, toward improving health, fitness and physical performance.
2. Design and implement safe and effective fitness conditioning programs for individuals and groups using the principles of training.
3. Utilize evidence-based practice and to critically evaluate research and innovation in the area of exercise testing and prescription

Evaluation Criteria and Grading

<i>Midterm Examination</i> (LO1, LO2, LO3) <i>Multiple Choice, Short answer</i>	OCTOBER 24TH	20%
<i>Final Examination</i> (LO1, LO2, LO3) <i>Multiple Choice, Short answer</i>	EXAM PERIOD	30%
Program Planning Assignments		
1. <i>Flexibility and Endurance Training</i> (LO1, LO2, LO3)	NOVEMBER 2ND	25%
2. <i>Resistance Training</i> (LO1, LO2, LO3)	DECEMBER 7TH	25%



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Required Readings and Videos

There are no required readings for this course. Course materials will be provided on Canvas

Recommended Readings

Crossley J (2012) Personal Training: Theory and Practice. Hodder Education [eBook available online via UBC Libraries and on Canvas Library Online Course Reserves]

Hough P and Schoenfeld BJ (eds) (2022) Advanced Personal Training: Science to Practice. 2nd edition. Routledge [eBook available online via UBC Libraries and on Canvas Library Online Course Reserves]

Canadian Society for Exercise Physiology – Physical Activity Training for Health (CSEP-PATH). Canadian Society for Exercise Physiology.

Course Schedule

See attached



Other Course Policies

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. **For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course.** Careful records are kept to monitor and prevent recidivism.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at:

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,0>

Generative Artificial Intelligence Tools (e.g., ChatGPT)

Use of generative artificial intelligence tools to complete coursework in this course is prohibited in all cases. Use of these tools is considered an unauthorized means to complete an examination or other assignment or assessment and would be considered academic misconduct.

Final Examinations

You can find the [Senate-approved term and examination dates here](#). Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 27-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the Okanagan Academic Calendar <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>



Grading Practices

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>

Student Services Resources:

UBC Okanagan Disability Resource Centre

The DRC facilitates disability-related accommodations and programming initiatives to remove barriers for students with disabilities and ongoing medical conditions. If you require academic accommodations to achieve the objectives of a course please contact the DRC at:

UNC 215 250.807.8053
email: drc.questions@ubc.ca
Web: www.students.ok.ubc.ca/drc

UBC Okanagan Equity and Inclusion Office

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.

UNC 325H 250.807.9291
email: equity.ubco@ubc.ca
Web: www.equity.ok.ubc.ca

Student Wellness

At UBC Okanagan health services to students are provided by Student Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Student Wellness for more information or to book an appointment.



UNC 337 250.807.9270
email: healthwellness.okanagan@ubc.ca
Web: www.students.ok.ubc.ca/health-wellness

Office of the Ombudperson

The Office of the Ombudperson for Students is an independent, confidential and impartial resource to ensure students are treated fairly. The Ombuds Office helps students navigate campus-related fairness concerns. They work with UBC community members individually and at the systemic level to ensure students are treated fairly and can learn, work and live in a fair, equitable and respectful environment. Ombuds helps students gain clarity on UBC policies and procedures, explore options, identify next steps, recommend resources, plan strategies and receive objective feedback to promote constructive problem solving. If you require assistance, please feel free to reach out for more information or to arrange an appointment.

UNC 328 250.807.9818
email: ombuds.office.ok@ubc.ca
Web: www.ombudsoffice.ubc.ca

Student Learning Hub

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a range of supports that include **tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies**. Students are encouraged to visit often and early to build the skills, strategies and behaviors that are essential to being a confident and independent learner. For more information, please visit the Hub's website.

LIB 237 250.807.8491
email: learning.hub@ubc.ca
Web: www.students.ok.ubc.ca/slh

The Global Engagement Office

The Global Engagement Office provides advising and resources to assist International students in navigating immigration, health insurance, and settlement matters, as well as opportunities for intercultural learning, and resources for Go Global experiences available to all UBC Okanagan students, and more.

Come and see us – we are here to help! You may also contact geo.ubco@ubc.ca



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Safewalk

*Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at **250-807-8076**.*

For more information, see: www.security.ok.ubc.ca