

## PERS 1200 Syllabus

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### Course Description

The University of Manitoba Undergraduate Calendar describes this course as follows: An examination of the importance of physical activity for health and wellness, theories and determinants of health promoting behaviours, and strategies for promoting health behaviours. Examination of the benefits of physical activity for health and wellness, the present and recommended levels of physical activity, the factors influencing participation in physical activity, and individual organisational and national interventions for increasing physical activity. This course may not be held for credit with PHED 1200(057.120).

The course asks students to examine the current levels of physical activity among Canadians as well as the current recommendations of physical activity for different sectors of the population. In addition it presents the main theories guiding physical activity participation as well as interventions to promote and increase physical activity such as behavioural, social, site-based, and community interventions as well as provincial and federal interventions.

### Course Goals

Upon completion of this course you should be able to:

1. Discuss the components of health, physical activity, physical fitness and wellness.
2. Outline the role of physical and psychological benefits of physical activity.
3. To distinguish the different methods to measure physical activity and to evaluate personal level of physical activity.
4. Outline current levels of physical activity in Canada.
5. Describe current recommendations of physical activity and current physical activity guidelines for different sectors of the population.
6. Describe the Ecological Framework, the Self-Efficacy Theory, the Theory of Planned Behaviour, and the Transtheoretical Model and discuss how these Framework/Theories affect physical activity participation.
7. Describe behavioural, social, site-based, community-level, provincial and federal strategies and policies to increase physical activity participation; also to experience behavioural tools which maintain/increase participation, and to evaluate the tools used.
8. Critically evaluate the literature and resources in the area of physical activity, health and wellness.

## Course materials

### Required

#### Bookstore

The following required materials are available for purchase from the [University of Manitoba Bookstore](#). Please order your materials immediately, if you have not already done so. See your [Distance and Online Education Student Handbook](#) for instructions on how to order your materials.

#### Readings Package

- PERS 1200 (2012), Physical Activity, Health and Wellness, Online Study . Distance and Online Education Readings Package.

#### University of Manitoba Libraries

- You must have access to the University of Manitoba Library database collections as many of the required readings for this course will be found there. See course schedule for the detailed list.

## Course overview

This course has been organized through the use of key questions about health and wellness because knowing the answers to these questions is important not only for future studies in Kinesiology and Recreation Management but also for the development of a healthy lifestyle.

### Topics

Unit 1	Where do we start?
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	This is an orientation unit that familiarises you with the tool and techniques you will need to be successful in this course.
Unit 2	What is health and Wellness? This unit introduces you to the key terms, definitions and components of health and wellness.
Unit 3	What are the benefits of physical activity? This unit asks you to examine the individual benefits and risks associated with physical activity levels as well as the impact individual choices have on society.
Unit 4	How do you measure physical activity? This unit asks you to evaluate a variety of commonly used physical activity measurements.
Unit 5	What are the current trends in Canadian physical activity levels? This unit asks you to examine the currently reported levels of physical activity participation for adults and children in Canada.
Unit 6	What levels of physical activity are actually needed for health promotion? This unit asks you to review the currently recommended guidelines for physical activity in Canada.
Unit 7	What factors affect participation? This unit introduces you to four theoretical frameworks/models that have been used to interpret causes for physical activity participation.
Unit 8	How can we promote physical activity in different settings? This unit presents intervention strategies used on individual, community, provincial and national levels to increase physical activity levels.

### Learning activities

In this course you will have three major sources of information: the readings package, fellow students, and the synopsis material presented by your instructor on the course website. They are meant to be used together in the following fashion:

#### Knowledge building through individual activity:

You will be asked to complete a series of readings for each unit, this includes the following possible items: sections from the readings manual, articles from the University of Manitoba Library collection and governmental websites. You can read these in any order, however it is suggested you complete all the readings before commencing the other activities in the unit. You will also be expected to complete a **midterm quiz and final exam**.

#### Knowledge building through collaborative activity:

Within every unit you will be asked to participate in a discussion forum group in response to specific questions posted in the unit. Your instructor won't actively moderate the discussion forum as this is your space to explore ideas, but he or she will check in occasionally to answer questions as needed.

#### Knowledge building through reflection:

Each week you will be asked to complete different activities within the unit. You will be required to collate your thoughts on the activities and readings into **reflective journals** that will help you formulate your own personal definition of health and wellness.

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## Evaluation and grading

### Distribution of marks

For each piece of work you will receive a percentage mark. That mark, as a portion of your coursework will receive the weighting noted below.

Evaluation	Percentage
Research Quiz	5%
Reflections – Set 1 (Units 2 & 3)	10%
Reflections – Set 2 (Units 4 & 5)	15%
Reflections – Set 3 (Units 6-8)	20%
Discussion Forum Participation (8 in total)	5%
Midterm Quiz	10%
Final Exam	35%

### Grading scale

Letter grade	Percentage grade	
A +	90-100	Exceptional
A	80-89	Excellent

B +	75-79	Very Good
B	70-74	Good
C+	65-69	Satisfactory
C	60-64	Adequate
D/td>	50-59	Marginal
F	<50	Failure

**Note:** All final grades are subject to departmental review.

### Passing Grade

A minimum grade of "C" is required to pass all faculty-required courses. Students will be permitted to repeat a failed faculty-required course only once while in the program. Students who fail the same faculty-required course twice will normally be required to withdraw from the program. PERS 1200 Physical Activity, Health and Wellness is a required course for all BKIN and BRMCD students.

## Assignments

The assignments for this course are located in the Assignments section in the course website. The specific instructions for each assignment, as well as how it will be assessed will be presented together. What follows is a simple overview of general assignment expectations:

### The Reflections

The reflections will consist of a series of reflective synopses related to each of the units 2-8. Your synopsis should demonstrate your understanding of the content and how the content of the unit is significant to your own personal learning/health goals. The three reflection sets will be collected during the term by your instructor.

### Discussion Forum Participation

In every unit you will find at least one question for discussion. You will be expected to post and respond to the question posed for EACH unit. The discussion topics are listed in the unit content. Posts will be due on specified Fridays (see Discussion Posts in the Assignment widget on the course homepage) and the posts will CLOSE at 11:59 pm on those dates. **Late posts are not permitted.**

**Note:** Detailed instructions about the assignments are found in the assignment section in your course website.

### Research Quiz

There will be a research quiz to complete as a component of this course. The quiz will help to orient students to the library system and APA style referencing that will be used in the reflections.

### Midterm Quiz

The quiz will be completed online and will consist of approximately 30 questions. The quiz will be timed and study notes may be used.

## Examination

The final exam will be written at the University of Manitoba (UM), Fort Garry campus or at an approved off-campus location. **Students needing to write at an off-campus location must declare a location by the specified deadline date** (see off-campus declaration and policy under Student Resources on course homepage). **Students writing at the UM Fort Garry campus do not need to declare an exam location.**

The Registrar's Office is responsible for the [final exam schedule](#) which is available approximately one month after the start of the course.

The final exam will be comprehensive including all course content and will consist of multiple choice, true/false questions, and matching questions. In smaller courses, short answer questions might also be possible.

## Plagiarism, cheating, and examination impersonation

You should acquaint yourself with the University's policy on plagiarism, cheating, and examination impersonation as detailed in the General Academic Regulations and Policy section of the University of Manitoba Undergraduate Calendar. Note: These policies are also located in your *Distance and Online Education Student Handbook* or you may refer to Student Affairs at <http://www.umanitoba.ca/student>.

## Distance and Online Education (DE) Student Resources

In your course website there are links for the following:

- Contacting Distance and Online Education
- Distance and Online Education Student Handbook
- Distance and Online Education Website

## Acknowledgements

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