
Instructor: Jamie Johnston	Room: KNB 152C
Phone: 220-3649	Days: M/W/Fri
Email: johnston@kin.ucalgary.ca	Time: 1:00-1:50
Office: KNB 420	Course Website: Blackboard
Office Hours: M/Wed 10:00 – 11:00 or by appt	

Course Description:	Exploration of the relationships between health, disease, and the benefits associated with physical activity and the various factors that can promote and maintain healthy lifestyle change.
Course Objectives:	This is an advanced course designed to develop leaders in the promotion of healthy lifestyles. By the conclusion of the course, students will: <ol style="list-style-type: none">1) understand the social, psychological, economic, and cultural determinants of health status, health behaviour2) understand the meaning of and challenges to living a healthy lifestyle3) understand their roles as facilitators of health and wellness4) be able to develop, evaluate and assess health promotion strategies
Required Reading Materials:	McKenzie JF, Neiger BL, Thackeray R. <i>Planning, Implementing, and Evaluating Health Promotion Programs: A Primer</i> (5 th ed.). New York, New York: Pearson, 2009.
Contacting the Instructor:	<p>Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.</p> <p>Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.</p>

Course Content:

Date	Lectures/Readings	Work Due
9-Jan	Ch. 1 - McKenzie reading discussion	
11-Jan	Guest Lecturer: Joyce Sunada	
14-Jan	Ch. 2-3 McKenzie	Work on references for topic
16-Jan	Ch. 4 McKenzie	Work on references for topic
18-Jan	Computer Lab	Work on references for topic
21-Jan	Computer Lab	Beginning of Class Reference List Due
23-Jan	Computer Lab	Work on Lit Review and/or Assessment Tool
25-Jan	Computer Lab	Work on Lit Review and/or Assessment Tool
28-Jan	Computer Lab	Beginning of Class Literature Review Due; Work on Assessment Tool
30-Jan	Computer Lab	Work on Assessment Tool
01-Feb	ch 5 McKenzie	Work on Assessment Tool
04-Feb	ch 6 McKenzie	Work on Assessment Tool
06-Feb	Computer Lab	Beginning of Class Assessment Tool Due; Brain Storm Ideas Mission Statement etc.
08-Feb	ch 7 McKenzie	Mission Statement etc.
11-Feb	Theory of Planned Behavior	Mission Statement etc.
13-Feb	Guest Speaker: Dr. Doyle-Baker	Mission Statement etc.
15-Feb	Computer Lab	Beginning of Class Mission Statement Due; Brain Storm interventions
18-22 Feb	No Classes	
25-Feb	Ch. 9	Work on Interventions
27-Feb	Ch. 8 McKenzie	Lit Review Revisions due; Work on Interventions
01-Mar	Computer Lab	Work on interventions
04-Mar	Computer Lab	Work on interventions
06-Mar	Computer Lab	Work on integrating Lit Review into an introduction
08-Mar	Ch 10 -11	Beginning of Class Interventions Due; Work on Allocations/Marketing/Implementation
11-Mar	Computer Lab	Work on Allocations/Marketing/Implementation
13-Mar	Computer Lab	Work on Allocations/Marketing/Implementation
15-Mar	Computer Lab	Work on Allocations/Marketing/Implementation
18-Mar	Computer Lab	Beginning of Class Allocations Due; Work on integration of paper
20-Mar	Ch. 12 - 14	Work on integration of paper
22-Mar	Computer Lab	Work on integration of paper
25-Mar	Computer Lab	Work on integration of paper

Supplementary Course Information

In accordance with the University of Calgary Calendar

**Academic
Accommodation
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

Plagiarism/Cheating/Other Academic Misconduct:
(see Calendar)

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only** which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior** to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are **not** valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic
Communication Device
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency
Evacuation/Assembly**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly