



**School of Human Kinetics and Recreation**

St. John's, NL Canada A1C 5S7

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**HKR 3920**  
**PAC: Physical Activity for Health Promotion**  
**Course Outline**  
**Winter 2021**

**Course Instructor:** Dr. Kyle Pushkarenko

**Office:** HKR-2008

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**Office Hours:** By appointment

**Class Times:** Monday & Wednesday from 8:00-9:15am

**Course Description:**

This course provides student with a general overview of the role that physical activity plays in one's health and wellness. Students will gain experiential learning opportunities in applying health promotion knowledge, skills, attitudes, and behaviours within various types and contexts of physical activity.

**Land Acknowledgment:**

We respectfully acknowledge the territory in which we gather for this course as the ancestral homelands of the Beothuk, and the island of Newfoundland as the ancestral homelands of the Mi'kmaq and Beothuk. We would also like to recognize the Inuit of Nunatsiavut and NunatuKavut and the Innu of Nitassinan, and their ancestors, as the original people of Labrador. We strive for respectful relationships with all the peoples of this province as we search for collective healing and true reconciliation and honour this beautiful land together.

**Communication:**

Email communication with instructors is acceptable but must be done using the university email system (your@mun.ca account). When sending an email to instructors, **HKR 3920** should be in the subject field. Email will be considered appropriate for general communication in relation to the course (e.g., basic logistical questions of a practical nature such as assigned readings, clarifying due dates, assignments, course content, and study questions). Proper email etiquette is expected! Specific personal inquiries and questions regarding assessment, evaluation, and grading (marks, grades, extensions, and the like), that are more serious in nature, are to be made in person with Dr. Pushkarenko.

*PLEASE NOTE:* Emails will be returned in as timely a manner as possible. Emails received *after 5pm on weekdays* however, will not be returned until, at a minimum, after 9am the following day. Emails received *after 5pm on a Friday* will not be returned until, at a minimum, after 9am the next work day (e.g. Monday, if not a holiday).

### **Course Objectives/Learning Outcomes:**

This course will enhance students' understanding of health promotion concepts and methods through experiential learning. By making connections between classroom theories and practical applications within various physical activity settings, students will learn current best practices and models of physical activity instruction and organization.

On successful completion of the course, students will be able to:

- Explain the importance of physical activity, as well as the factors that afford and constrain participation of diverse persons in physical activity settings;
- Design and implement physical activity for health promotion that is enjoyable, meaningful, inclusive, and sustainable; and
- Identify ways of promoting lifelong active living opportunities for diverse population groups.

### **Required Course Text and Readings:**

There will be no required course text for HKR 3920. At various times, additional readings will be placed on Bright Space.

### **Organization of the Course:**

This course will be delivered in a face-to-face manner. The course involves in-person lectures, a theory quiz (in class), class discussions and activities, potential guest speakers, and student/group presentations. Attendance for this class is mandatory, and thus participation will be assessed throughout the semester.

### ***Bright Space (Desire 2 Learn):***

This course will use D2L as a method of communication to provide students with course materials (i.e. course syllabus, course schedule & scheduling changes, if needed). The professor may communicate with the class as a whole using D2L mail, and therefore you should check your account regularly. Changes in course location will be indicated on D2L. You will need a MUN login ID to access D2L. More information can be found at <https://online.mun.ca/>

### ***Course Schedule:***

*Please see last page for the tentative course schedule. The course schedule is subject to change at the discretion of the instructor.*

### **Student Expectations:**

#### ***Preparedness for Class:***

Physical activity is a major component of this course, and will occur in various contexts (e.g., the gymnasium, outdoors, MUN pool, etc.). As such, it is imperative that students attend to the course schedule to determine what preparations are required for class (e.g., gym clothes, outerwear, swim suit, etc.). Additionally, class discussions and exercises will be a major component of this course. As a result, students should consider engaging in discussion, debate and dialogue with the instructor and their peers throughout the semester. Although participation is mandatory, the instructor is aware that extenuating circumstances do arise. It is the responsibility of the student to notify the instructor of any justifiable reason that causes an inability to attend class. Should a class be missed for whatever reason, please try to obtain notes/materials/information from peers first and foremost.

#### ***Respectful Engagement:***

Respectful engagement with others is expected throughout the class. We will work together to create a learning community within the course that supports everyone's learning.

#### ***Support and Accommodation:***

Any student who needs support, accommodation, or any other assistance, in this course should make an appointment with me to discuss all possibilities and considerations. Please do this earlier rather than later (i.e. the first two weeks of class would be ideal). Accommodations will be provided on an individual basis as determined by documented need. Students can also contact the Glenn Roy Blundon Centre for further information [www.mun.ca/blundon](http://www.mun.ca/blundon).

***Academic dishonesty will not be tolerated in this course.*** Students are asked to read General Regulations Section 6.12, Academic Misconduct, University Calendar 2019-2020 to ensure they understand how the University and I define academic offenses and the procedures that will be used to deal with such offenses should they occur. Section 6.12.4 is copied below:

Academic offences shall be deemed to include, but shall not be limited to, the following:

- **Cheating on examinations or any other tests, theses, assignments, work term reports, projects, laboratory assignments, laboratory reports or internship reports:** This includes copying from another student's work or allowing another student to copy from one's own work; consulting with any unauthorized person during an examination or test;

possessing unauthorized aids; using unauthorized aids; or knowingly recording or reporting false empirical or statistical data. The work referred to includes examinations, theses, assignments, work term reports, projects, laboratory assignments, laboratory reports, internship reports, or any other tests which are to be used in judging the student's performance in a course or program of study, or on any special tests which the University may offer.

- **Impersonating another student or allowing oneself to be impersonated:** This includes the imitation of a student or the entrance into an arrangement with another person to be impersonated for the purposes of taking examinations or tests or carrying out laboratory or other assignments.
- **Plagiarism:** Plagiarism is the act of presenting the ideas or works of another as one's own. This applies to all material such as essays, laboratory assignments, laboratory reports, work term reports, design projects, seminar presentations, statistical data, computer programs, research results and theses. The properly acknowledged use of sources is an accepted and important part of scholarship. Use of such material without acknowledgment is contrary to accepted norms of academic behaviour. Information regarding acceptable writing practices is available through the Writing Centre at [www.mun.ca/writingcentre](http://www.mun.ca/writingcentre).
- **Theft of examination papers or other material:** This includes obtaining by any improper means examination papers, tests, or any other such material.
- **Use and/or distribution of stolen material:** This includes the use of material which the student knows to have been improperly obtained and/or the distribution of such material.
- **Submitting false information:** This includes falsifying academic forms or records, submitting false credentials, medical or other certificates, or making a false, misleading or incomplete declaration to the University.
- **Submitting work for one course or work term which has been or is being submitted for another course or work term at this or any other institution without express permission to do so:** This includes the presentation of an essay, report or assignment to satisfy some or all of the requirements of a course when that essay, report, or assignment has been previously submitted or is concurrently being submitted for another course without the express permission of the professor(s) involved.
- **Prevention or obstruction of access to works or materials provided by the University needed by others for academic purposes.**
- **Attempt of bribery, and/or threat of blackmail to influence the award of any credit, grade, honour or academic decisions.**
- **Failure to follow relevant University/Faculty/School guidelines on ethics.**
- **Failure to follow the [Memorial University of Newfoundland Code](#).**

**All written assignments will be submitted with a statement on the cover page certifying that the assignment is the student's work and that it does not contravene Memorial University of Newfoundland's General Regulation 6.12.4 Academic Offences. All written assignments must conform to APA citation style covered in the 7<sup>th</sup> (2020) Edition of the**

**Publication Manual of the American Psychological Association that is available in the reference section of the library or in the bookstore.**

***Assignment Submission:***

Excellent academic performance depends on students doing their work not only well, but on time. Assignments are to be submitted via Bright Space (D2L).

***Late Assignment Policy:***

Assignments are due on the date indicated in this course outline. Assignments received after this deadline will be penalized 10% per day that the assignment is late. If your assignment is more than 5 days late (including weekends and holidays), it will not be evaluated and a grade of 0 will automatically be assigned. Exceptions to the late assignment penalty for reasons such as illness, compassionate grounds, etc. will be considered by the Course Instructor ***if discussed before the assignment is due.***

**Course Evaluation:**

The final grade for HKR 3920 will be based on the following items weighted as indicated:

Theory Exam (Content from lecture material – January 11, 13, 18, & 20):	15%
Student-led Activity Delivery (Group Instruction):	35%
Video Reflection (Course learnings and takeaways):	20% (Due on April 9/20)
Health Promotion Resource Manual:	20% (Due on April 14/20)
Participation:	10% (Ongoing)

***Theory Exam:***

Over the course of the first three weeks of class, you will be presented with theory-based lectures on Physical and Health Literacy; Movement Competence; Inclusion and Adaptation Strategies; Motivational Strategies; and Instructional/Organizational Strategies. To evaluate the knowledge acquired over these lectures, you will be given an exam based on these lectures. The exam will include questions in the form of multiple choice, true/false, fill-in-the-blank, and short answer. This exam will be provided in class on January 25, 2021.

***Student-led Activity:***

Depending on class size, you will work with a partner/in a group to design and lead an activity session according to the week's topic you have been assigned (topics will be assigned at random). This student-led activity will include an actual activity/set of activities, and discussion based on the theory lectures provided at the beginning of the course. Although partners/groups will be assigned for the project, how each group approaches their topic will be

up to them. These student-led activities will occur on the Wednesday of each week from February 1, 2021 to April 7, 2021.

***Video Reflection:***

You will create a 5-minute, professional and polished video that highlights key learnings from the course and how these learnings will be used to guide your approach to health promotion in the future. This assignment is due on April 9, 2021. More details on this assignment and how it will be evaluated will be provided in class and on Bright Space.

***Health Promotion Resource Manual:***

You will be required to develop a health promotion resource manual, one that provides information pertaining to the various activities participated in and topics discussed over the semester. This resource should include information obtained over class activities/discussions and beyond. The objective of this assignment is to create a resource that can be utilized outside the classroom boundaries(e.g., in real-world settings) to promote health and wellness via physical activity. This manual is to be completed on your own, and is due at 11:59pm on April 14, 2021.

***Participation:***

As the course is a mandatory, physical activity course, you will be expected to be prepared for and partake in each of the activities presented in class (either by the instructor, or your peers). Participation will be evaluated throughout the semester, and graded according to a rubric (0 [did not participate] – 3 [fully engaged]).

**Copyright:**

All course and lab material produced by the aforementioned instructor and teaching assistant(s) are subject to copyright to the aforementioned instructor (and all rights are reserved). This is an agreement between you, the end user, and the instructor(s). By viewing any course or lab material, you are agreeing to be bound by the terms of this agreement. If you do not agree to the terms of this agreement, promptly delete all lecture, lab material and related files from all storage media.

**1. Grant of license:** You are granted the right to use this course's lecture and lab material for your own individual work. You may not network lecture or lab material or otherwise use them on more than one computer or computer terminal at a time.

**2. Copyright:** This course's lecture and lab material are owned by the aforementioned instructor and are protected by Canadian copyright laws, international treaty provisions, and all other applicable national laws. Therefore, you must treat lecture and lab material like any other copyrighted material (e.g., a book) except that you may either (a) make one

copy of lecture and lab material solely for your own individual work, backup or archival purposes, or (b) transfer lecture and lab material to a single hard disk provided you keep the original solely for backup or archival purposes.

**3. Other restrictions:** You may not rent, lease, or sell this course's lecture or lab material. You may not distribute lecture and lab material without the express written consent of the rights holder, the aforementioned instructor.

Viewing the course and lab material on Bright Space or any other form is taken as understanding of and agreement to comply with the above terms and conditions.

Copyright and for use in citing and referencing course materials:

Pushkarenko, K. (Winter 2021). *HKR 3920 – Physical Activity for Health Promotion*. School of Human Kinetics and Recreation. Memorial University of Newfoundland.

## HKR 3920 Tentative Course Schedule – Winter 2021

Date:		Topic:	Venue:	Evaluation:
Jan.	6	Course Expectations/Outline	Classroom	
	11	Lecture 1: Physical and Health Literacy	Classroom	
	13	Lecture 2: Movement Competence: Concepts and Skills	Classroom	
	18	Lecture 3: Inclusion and Adaptation Strategies	Classroom	
	20	Lecture 4A: Motivation and Engagement Strategies Lecture 4B: Instructional and Organizational Strategies	Classroom	
	22	Not an official class. Review session for the Theory Exam on Jan 25 – Classroom or Online (Time TBD)		
	25		Classroom	Theory Exam (15%)
	27	PLAY DAY	Gym	
Feb.	1	Free/Exploratory Play	Instructor-Led Activity	Gym
	3		Student-Led Activity	
	8	Group/Team Games	Instructor-Led Activity	Gym
	10		Student-Led Activity	
	15	Exercise/Fitness	Instructor-Led Activity	Gym / Fieldhouse
	17		Student-Led Activity	
	22	Semester Break		
	24			
Mar.	1	Urbanized PA / Ice & Snow	Instructor-Led Activity	Outdoors / Gym
	3		Student-Led Activity	
	8	Natural Environments	Instructor-Led Activity	Outdoors
	10		Student-Led Activity	
	15	Aquatic Environments	Instructor-Led Activity	Pool
	17		Student-Led Activity	
	22	Indigenous Games	Instructor-Led Activity	Outdoors / Gym
	24		Student-Led Activity	
	29	Multicultural Activities	Instructor-Led Activity	Gym
	31		Student-Led Activity	
Apr.	5	Older Adults	Instructor-Led Activity	Gym / Fieldhouse
	7		Student-Led Activity	