

Global Learning Semesters

Course Syllabus

Course: SPSC-110 Physical Activity & Health Promotion

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-110	Physical Activity & Health Promotion	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	SPSC-210, SPSC-215, SPSC-260, SPSC-310
Department	Level of Course	Language of Instruction
Liberal Arts	Lower Division	English

Course Description

This course studies the major health problems in modern society and examines some of the mechanisms by which exercise may enhance health. Emphasis will be given on methods of understanding and developing lifestyle changes for longer and healthier life. Topics include the effects of physical inactivity on the risk of various diseases including heart disease, diabetes, hypertension, obesity and osteoporosis. In addition, the students will study information on topics such as alcohol, drugs, stress management, nutrition, cigarette and tobacco use, cancer, and cardiovascular diseases. Finally, the course examines evidence linking exercise with enhanced immune function and concludes by discussing physical activity recommendations for health promotion.

Prerequisites

SPSC-210, SPSC-215, SPSC-260, SPSC-310

Topic Areas

1. The necessary components for achieving wellness.
2. Physical inactivity and the risk of various diseases.
3. The importance of nutrition and exercise in the development of a healthy lifestyle.
4. The necessary techniques to obtain or enhance a healthy life style.
5. Exercise and infectious diseases (basic information for prevention and treatment).
6. Assessing basic fitness in inactive health and disease.
7. Design specific healthy promoted exercise programs.
8. Current issues in health and wellness.

Learning Outcomes

At the end of the module you should be able to:

1. Recognise the important role and appreciate the general health benefits of regular physical activity for maintaining or improving health.
2. Understand how physical activity and healthy diet can reduce the risk of certain diseases (e.g. cardiovascular diseases, diabetes, hypertension, obesity and osteoporosis).
3. Understand how physical activity and the involvement to sports academies can reduce the risk of alcohol, drugs, cigarette and tobacco use.
4. Understand how exercise may help in reducing stress or promote stress management.

5. Learn to design exercise programs (cardiovascular endurance, muscular strength, and flexibility) based on the needs and goals of the individual.
6. Develop discipline to exercise regularly as a lifetime Endeavour.
7. Learn how to promote people to have fun with exercise.
8. Explain why exercise can be useful in the treatment of various clinical diseases (e.g. cardiovascular patients, type 2 diabetes patients, COPD, etc.).

Assessment

Midterm Examination:	(30%)
Final Examination:	(60% - design a health promotion training program)
Attendance and Participation:	(10%)

Readings and Resources

Required Textbooks

1. Hardman and Stensel 2003. Physical Activity and Health. ISBN 0415270707.
2. Edlin, G., Galanty, E., and Brown, K.M. (1999). Health and wellness, (6th Ed.). Boston, MA: Jones and Bartlett Publishing Co. ISBN 076370899-2.
3. Bouchard, Shephard & Stephens (Eds) 1994. Physical Activity, Fitness & health. ISBN 0873225228.