

BSE311 Health and Wellness: Exercise And Lifestyle Factors

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

BSE311 Health and Wellness: Exercise and Lifestyle Factors aims to provide students with knowledge of key health and wellness concepts that include the understanding of diseases, health disorders and pertinent contributory lifestyle factors such as physical activity, exercise and diet. Additionally, practical knowledge and skills in health risk factors identification and modification together with health and fitness assessment will be covered in the course.

Topics:

- Introduction to health and wellness - health disorders, diseases and risk factors
- Cardiovascular, metabolic and other diseases - Anatomy and physiology
- Cardiovascular, metabolic and other diseases - Risk factors
- Exercise and prevention
- Health appraisal, assessment
- Exercise safety
- Physical fitness and exercise testing
- Exercise prescription - General principles
- Population specific exercise prescription
- Diet, nutrition and eating behaviour
- Weight management
- Health behaviour theories

Textbooks:

Powers, S. & Dodd, S. (2016).: Total Fitness and Wellness (eText) 7th edition Pearson Education.
ISBN-13: 9780134288161

Learning Outcome:

- Demonstrate an understanding of health and wellness and of major health disorders like cardiovascular disease (e.g. ischaemic heart disease), metabolic disease (e.g. diabetes mellitus) and cancer.
- Show a working knowledge of the physiological systems associated with health disorders - these include, but not limited to, the cardiovascular system and endocrine system.
- Examine the role of lifestyle and behavioural factors, especially physical activity and dietary behaviour/nutrition, in contributing to both health and disease.
- Illustrate basic concepts of nutrition, weight loss and management, and body composition.
- Determine general principles of exercise testing and prescription for health.
- Appraise outcomes of health and physical fitness testing.
- Apply concepts and skills learned to develop basic health and fitness programmes.

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	1.66
	PRE-CLASS QUIZ 2	1.67
	PRE-CLASS QUIZ 3	1.67
	TUTOR-MARKED ASSIGNMENT 1	15
	TUTOR-MARKED ASSIGNMENT 2	30
Overall Examinable Components	Written Exam	50
Total		100