

COURSE OUTLINE
HH/KINE 4900 Section M
EXERCISE THERAPY FOR CHRONIC DISEASE: CANCER
WINTER 2024

Course Director: Michael Connor Ph.D.
Office: 423B Life Sciences Building
Phone: (416) 736-2100 ext. 77206
E-mail: mconnor@yorku.ca

Lecture times: Monday: ACW 304 (11:30 AM)
Wednesday: FC 108 (11:30 AM)

Important Dates:

Feb 17-23: Winter Reading Week, No Classes

Wednesday January 17: First Reflection due (eclass; 11:59 PM)

Monday February 26: Mid-term 1

Monday March 4: Second Reflection due (eclass; 11:59 PM)

Monday March 11: LAST DAY TO DROP COURSE (NO GRADE)

Monday April 3: Poster group assignment due

Monday April 8: Classes end; Third Reflection due (11:59 PM);

LAST DAY TO DROP COURSE (GRADE OF W)

TBD: Final Case study (assigned in final exam period)

COURSE LEARNING OBJECTIVES:

1. Demonstrate a broad, multidisciplinary knowledge of the human body, health (broadly defined), and physical activity throughout life (our lives?)
2. Critically evaluate research and information about the human body, health (broadly defined), and physical activity, across different platforms and sources.
3. Understand the factors/characteristics that contribute to ethical citizenship and social responsibility and their role in building a healthy community environment
4. Communicate ideas and arguments in a well-structured and coherent manner using diverse formats
5. Advocate for the fundamentals of physical activity and health of individuals and communities

COURSE DESIGN/GOALS:

This course is designed to be an exploration into the established links between exercise, fitness, diet and cancer. This course will be tailored to the class background and needs/wants. The first lecture or 2 will determine what students want to take away from the course and where

the class is as a group. We will explore multiple aspects of how we define exercise and cancer and use these definitions to dive deeper into the science behind research into these areas. We will use this research to develop strategies to assess cancer patients and use exercise/fitness interventions to improve survival outcomes for cancer patients. We will also concentrate on critical thinking and knowledge application to a practical/clinical setting. Part of the grade will be based on the development of a class poster for “knowledge translation” to try and convey a comprehensive summary of the field to the public.

While specific content is important, most of the learning will revolve around developing an ability to take in facts from various RELIABLE sources and developing logical conclusions around exercise and cancer. The main underlying themes in all components of the course are communication of ideas/thoughts, ability to discuss differing opinions in a “professional” manner and using reliable facts to develop your own thoughts/ideas/expressions. These themes will not only apply to this course material, but will also be important skills to develop for other courses and, more importantly, for real life outside of the course. This course is designed with student participation/engagement as a top priority. This means come to class, ask questions, volunteer opinions, answer questions and talk with fellow students about a topic that will affect every student who takes the course at some point in their lives.

Breakdown of Grades

Mid-term exam 1:	<u>25%</u> (Monday February 26)
Reflection Papers:	<u>30%</u> - Due: Wednesday January 17 (5%) Monday March 4 (10%) Wednesday April 8 (15%)
Poster (group):	<u>25%</u> Total - 2 page group summary - 10% (End of term, eclass) - Individual summary 5% (End of term, eclass) - Group presentation 10% (End of term, last 3 classes)
Final Case Study:	<u>20%</u> (TBD; final exam period, eclass, 3 hrs)

Exam relevant material will consist of all the material covered in lectures and power point slides. It is strongly advised that you attend all lectures. Exams will consist of short answer and essay-type questions. If you miss the midterm exam for a documented medical or other reason, there will be a make-up exam on Thursday February 29 at 10:00 AM. Do not ask to have your grade increased. **THE ANSWER IS NO!!** Any grade adjustments will be applied to EVERYONE, no special circumstances will be granted. No “extra assignments” will be available for anyone to write. You have multiple graded components to “prove what kind of student you are”. Take advantage of that fact right from the start of the course.

Students that do the best in this course (A+) will be the ones that stay engaged/involved. Not only will your grade be much better but you’ll take so much more away from the course.

Academic Honesty

Breaches of academic honesty will not be tolerated and punished to the fullest extent of the University regulations. You can view the University policy on academic honesty at <http://www.yorku.ca/academicintegrity/students/index.htm>

Familiarize yourself with proper citation procedures to avoid any issues of plagiarism arising on your paper. You will be required to submit it to Turnitin.com. If you have any questions, ASK just to be sure.