

SIMON FRASER UNIVERSITY

S. 77-79

MEMORANDUM

Amended, and as approved by Senate July 4, 1977

To SENATE

From SENATE COMMITTEE ON UNDERGRADUATE STUDIES

Subject PROPOSED CERTIFICATE PROGRAM IN HEALTH AND FITNESS STUDIES

Date. JUNE 16, 1977

MOTION: "That Senate approve, and recommend approval to the Board of Governors, the Certificate Program in Health and Fitness Studies as set forth in S.77-79."

(Note: This program was developed in conjunction with the Department of Kinesiology and has been approved by the Senate Committee on Continuing Studies, SCAP and SCUS, and is recommended to Senate for approval.)

*D. Birch*

D. Birch

SIMON FRASER UNIVERSITY

SCUS 77-24

MEMORANDUM

To... MR. H. M. EVANS, SECRETARY

SENATE COMMITTEE ON UNDERGRADUATE STUDIES

Subject... SCAP 77-6 - COMMUNITY EDUCATION - CERTIFICATE PROGRAM IN HEALTH AND FITNESS STUDIES

From... JOHN CHASE, SECRETARY

SENATE COMMITTEE ON ACADEMIC PLANNING

Date... MAY 13, 1977

The Senate Committee on Academic Planning at a meeting on May 4, 1977, approved the following motion:

"That the community education - Certificate Program in Health and Fitness Studies, as outlined in SCAP 77-6, be approved and transmitted to SCUS for its consideration and recommendation to Senate for approval."

  
John Chase

# SIMON FRASER UNIVERSITY

SCAP 11-6

## MEMORANDUM

To..... Dr. John Chase, Secretary

From..... J.P. Blaney, Chairman

..... Senate Committee on Academic Planning

Senate Committee on Continuing Studies

Subject..... COMMUNITY EDUCATION - CERTIFICATE  
PROGRAM IN HEALTH AND FITNESS  
STUDIES

Date..... April 20, 1977

The above-named program proposal has been approved by the Senate Committee on Continuing Studies and the Department of Kinesiology and is forwarded to SCAP for its consideration.

  
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J. P. Blaney

JPB/cak  
Enclosure

cc: Members, Senate Committee on Continuing Studies  
Chairman, Department of Kinesiology  
Dean, Faculty of Interdisciplinary Studies  
Dr. D.R. Birch, Chairman, SCUS  
H. Evans, Registrar

## Community Education - Certificate Program in Health and Fitness Studies

The proposed community education Certificate Program in Health and Fitness Studies provides adults an opportunity to complete a coordinated and coherent program of university study in the area of health, physical fitness, and nutrition, drawing largely upon the resources of the Department of Kinesiology. The program will use established credit courses. It responds to the increased interest of Canadians in the areas of health, physical fitness, and nutrition, which is reflected in the growing enrolments at Simon Fraser University, particularly among evening, part-time students. In view of the evidence that the state of health of the Canadian population could be appreciably improved if the general public were better informed in these areas (Lalonde Report on the Health of Canadians, 1973; Nutrition Canada Report, 1974), this program provides a needed alternative to the rather haphazard and arbitrary selection of courses in this area currently available in the community.

The program is intended to provide basic familiarity with the functioning of the healthy human body at rest and during physical exertion. It will introduce the student to a variety of methods of exercise management; sources of accurate information on exercise; the role of nutrition in health and disease; the prevention and care of injuries arising from exercise and sports participation; and some principles of the human health sciences. Students completing the program will be more informed about how their life styles or the life styles of others may be changed towards attaining better health and fitness.

The community education Certificate Program in Health and Fitness Studies:

1. is designed expressly for adults who wish to pursue a program of study in the area of health and fitness for their own personal development.
2. despite its direction toward the general public, will also be useful to those supervising training or reconditioning programs at YM/YWCAs, health spas, etc., or to uncertified sports coaches.
3. will benefit Simon Fraser University through focussing greater public attention on the University's specialized faculty and academic programs in Kinesiology.

Admission Requirements

Admission to Simon Fraser University as an undergraduate requires high school completion with appropriate average or mature exemption. Current University admission requirements, as outlined in the University Calendar, would apply. It is anticipated that many applicants will have completed some university study.

Program Requirements

The program requires the successful completion of at least twenty-four credit hours. Fifteen of these twenty-four hours will be earned by completing five required Kinesiology courses; the additional nine or more hours will be chosen from designated optional courses. At least one of the optional courses, or at least three hours, will be in Kinesiology. A list of optional courses is appended. In part because some of the optional courses have prerequisites not included among the required courses, Certificate students must select their option in consultation with an advisor from the Department of Kinesiology.

Credit for course work of appropriate content and level may be transferred from other approved university/college study, up to a maximum of nine hours.

## A minimum grade-point average of 2.0 on Simon Fraser courses used for the Curriculum Certificate is required.

## Required core courses:

- KINES. 100-3. Introduction to Human Structure and Function
- KINES. 110-3. Current Topics in Human Nutrition
- KINES. 140-3. Contemporary Health Issues
- KINES. 142-3. Introduction to Kinesiology
- KINES. 143-3. Exercise Management

It is anticipated that course work will normally be completed in two to three years of part-time study, although students will be allowed up to five years for program completion.

An opportunity will be offered during the program to become certified in cardiopulmonary resuscitation. Instruction in cardiopulmonary resuscitation will be provided by the St. John Ambulance Association under the direction of the Department of Kinesiology.

### Maximizing University Resources

The program will be provided by appropriate scheduling of existing evening offerings, resulting in larger enrolments (possibly requiring more teaching assistants) but without increasing faculty loads, since the present frequency of offerings would allow for the completion of program requirements in two years of part-time study.

### Credit-Free Component

Special credit-free activities will be organized at intervals during the program to provide opportunity for program enrichment; to contribute to a spirit of membership in the program; and to allow those in the program to come together with each other and with faculty and other specialists in the field. Participation in at least three of the specially-arranged credit-free activities will be required for completion of the Certificate Program.

### Location and Scheduling of Courses

All core courses will be offered in the evening on the Simon Fraser University campus. Students also have the option of taking core courses in the daytime if they wish, as well as taking any Kinesiology courses appropriate to the program that may be located elsewhere in the community.

### Recognition of Accomplishment

University regulations now provide guidelines for certificate and diploma programs. It is proposed that recognition for the attainment of the above-mentioned program requirements be a Certificate. Registration for a Certificate would improve motivation and selection of courses, as well as provide tangible evidence of achievement.

#### (Notes:

1. Credits applied to one certificate may be applied also to major and minor programs and to a bachelor's degree under the normal regulations governing these programs, but cannot be applied to another Simon Fraser University certificate or diploma.
2. Although the program would be useful to some health professionals, it is not intended to provide professional certification. For such certification, a more rigorous, post-baccalaureate program would be required.)

Program Management

The program would be advised by a steering committee including representatives of the Department of Kinesiology, a representative of Continuing Studies, and any community person or persons deemed appropriate from time to time, with the Chairman appointed by the Vice President-Academic. Recommendations for the award of a Certificate in Health and Fitness Studies would be made through this committee to the Faculty of Interdisciplinary Studies and to Senate.

Optional Courses: Kinesiology

- 220-3. Human Foods and Nutrition
- 241-3. Sports Injuries - Prevention and Rehabilitation
- 303-3. Kinanthropometry
- 320-3. Cultural Aspects of Human Movement
- 326-3. Functional Anatomy
- 330-3. Human Energy Metabolism
- 336-3. Microscopic Anatomy (Histology)
- 366-3. Components of Skills Performance
- 401-4. Mechanics of Human Movement
- 402-4. Mechanical Properties of Tissues
- 405-3. Human Physiology I (Physiology of Motor Activity)
- 406-3. Human Physiology II (Principles of Physiological Regulation)
- 407-3. Human Physiology Laboratory
- 420-3. Seminar - Kinesiology
- 442-3. Biomedical Systems
- 466-3. Acquisition of Motor Skills
- 480-3. Human Factors in Working Environments

Optional Courses: Other Departments

- CHEM. 005-3. The Chemistry of Life
- FPA. 120-3. Aesthetic Forms of Human Movement
- FPA. 310-3. Dance History
- PSYC. 150-3. Psychological Factors in Performance
- PSYC. 351-3. Child Psychology

Other optional courses may be added from time to time, subject to approval by the normal University bodies.

Calendar Entry for the  
Certificate Program in Health and Fitness Studies

The program provides adults the opportunity to complete on a part-time basis a coordinated and coherent program of university study in the areas of health, physical fitness, and nutrition. The program is intended to provide basic familiarity with the functioning of the healthy human body at rest and during physical exertion.

In addition to its direction toward the general public, the program will also be useful to those supervising training or reconditioning programs at YM/YWCAs, health spas, etc., or to uncertified sports coaches. An opportunity will be offered during the program to become certified in cardiopulmonary resuscitation.

Admission

Admission to the program is governed by the regulations pertaining to admission to Simon Fraser University. (See "Admissions", Simon Fraser University Calendar.)

Program Requirements

1. The successful completion of at least twenty-four credit hours, with fifteen of these twenty-four hours earned by completing KINES. 100-3, 110-3, 140-3, 142-3, and 143-3; and with the remaining nine or more hours selected from designated options (list available from Kinesiology or Continuing Studies), with at least three of those credit hours in Kinesiology.
2. Participation in at least three credit-free events selected from among several to be organized in conjunction with the credit component of the program.
3. Program completion normally within five years of admission.

Notes:

- i. Credits applied to one certificate may be applied also to major programs or minor programs and to a bachelor's degree under the normal regulations governing these programs but cannot be applied to another Simon Fraser University certificate or diploma.
- ii. Fifteen of the required twenty-four credit hours must be completed at Simon Fraser University. Credit for a maximum of three courses (totalling not more than nine credit hours) of comparable content and level may be transferred from other approved university/college study towards the requirements of this program.
- iii. Academic advising may be obtained from the Academic Advice Centre or from the Department of Kinesiology.

- iv. Although this program would be useful to some health professionals it is not intended to provide professional certification. For such certification, a more rigorous, post-baccalaureate program would be required.