

# SIMON FRASER UNIVERSITY

S.83-49

## MEMORANDUM

To..... SENATE  
.....  
..... PROPOSED CHANGES - CERTIFICATE  
Subject..... PROGRAM IN HEALTH AND FITNESS STUDIES

From..... SENATE COMMITTEE ON UNDERGRADUATE STUDIES  
.....  
.....  
Date..... MAY 16, 1983

Action undertaken by the Senate Committee on Undergraduate Studies at its meeting of May 3, 1983 gives rise to the following motion:-

### MOTION:

"That Senate approve and recommend approval to the Board of Governors, as set forth in S.83 - 49, the proposed changes

1. All Kinesiology undergraduate courses other than the required courses are available as options. Students should note that a number of these courses have prerequisites not included among the required courses.
2. The following two courses are to be added to the non-Kinesiology optional course listing:

PSYC 280-3 - Biological Bases of Behaviour  
S.A. 315-4 - Sociology of Leisure.

Optional courses outside Kinesiology

Special Topics courses as considered appropriate by the Advisory Committee on the Certificate of Health and Fitness. "

FROM:

### Certificate Program in Health and Fitness Studies

The Program provides adults with the opportunity to complete on a part-time basis a co-ordinated 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 also will be useful to those supervising training or reconditioning programs at YM/YWCA's, health spas, etc., or to uncertified sports coaches. An opportunity will be offered during the Program to become certified in cardio-pulmonary resuscitation.

#### Admission

Admission to the Program is governed by the regulations pertaining to admission to Simon Fraser University. (See *Admission* in this Calendar.)

*Kinesiology 89*

### PROGRAM REQUIREMENTS

- (1) The successful completion of at least 24 credit hours, with 15 of these 24 hours earned by completing:
  - KIN. 100-3 Introduction to Human Structure and Function
  - 110-3 Current Topics in Human Nutrition
  - 140-3 Contemporary Health Issues
  - 142-3 Introduction to Kinesiology
  - 143-3 Exercise Management
- (2) Participation in at least 3 credit-free events selected from among several to be organized in conjunction with the credit component of the Program.
- (3) Applicants must hold a current Cardio-Pulmonary Resuscitation (C.P.R.) Certificate.
- (4) Program requirements must normally be completed within 5 years of admission.

#### Notes:

- i) Credits applied toward this Certificate may not be applied toward any other Simon Fraser University certificate or diploma, but may be applied also toward Major program or Minor program requirements or toward a Bachelor's degree under the normal regulations governing those programs.
- ii) 15 of the required 24 credit hours must be completed at the University. Credit for a maximum of three courses (totalling not more than 9 credit hours) of comparable content and level may be transferred from other approved university/college study toward the requirements of this Program.
- iii) Academic advising may be obtained from the Academic Advice Centre (see p. 20 of this Calendar) 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.

#### TO:

With the remaining 9 or more credit hours selected from designated options with at least 3 of those credit hours in Kinesiology.

All Kinesiology undergraduate courses other than the required courses are available as options. Students should note that a number of these courses have prerequisites not included among the required courses.

Optional courses from other programs:

#### Chemistry

CHEM 005-3 The Chemistry of Life

#### Fine and Performing Arts

FPA. 120-3 Introduction to Contemporary Dance  
327-3 History of Dance

#### Psychology

PSYC 280-3 Biological Bases of Behaviour  
351-3 Child Psychology

#### Sociology and Anthropology

S.A. 315-4 Sociology of Leisure

Special topics courses as considered appropriate by the Advisory Committee on the Certificate of Health and Fitness.