

**The University of Hong Kong
Institute of Human Performance
Module Outline**

Course Title : Physical Activity and Health

Code Number: PBSL1121

Course web-site: via WebCT

Day and Time: Monday & Thursday 9:30 – 10:30

Lecture Venue : HOC-LG06

Course Lecturer : Dr. Alison McManus

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Aims & Objectives:

This course investigates the role physical activity plays in the maintenance of good health and avoidance of disease. The focus of the course is upon the curse of modern-day living – sitting. The epidemiological evidence for excessive sitting as a causative factor in various lifestyle related disorders is explored in lectures, as well as the assessment of risk factors for these diseases. This course also explores how reductions in sitting behavior and increases in active behavior can be achieved.

On completion of this course, the student should be able to

- (a) understand how sedentary behavior, and physical activity relate to health;
- (b) understand basic epidemiological evidence underpinning the relationship between sedentary behavior / physical activity to health conditions and the assessment of these;
- (c) identify key factors that promote and key factors that detract from leading a physically active lifestyle and reducing sedentary behaviour

Course Reading Material:

There is no course textbook. Most of the reading material will be provided on WebCT or given during lectures; however, do make use of the book and journal resources in HKU's libraries including:

Harman AE, Stensel DJ (2009). *Physical activity and health. The evidence explained.* Routledge: London.

Dugdill L, Crone D and Murphy R (2009). *Physical activity and health promotion : evidence-based approaches to practice.* Wiley-Blackwell.

Week	Date	Lecture Schedule	Portfolio/ Pedometer Instructions
1	Jan. 10	Introduction to the course	
	Jan. 13	Lecture: Our past: health & physical activity connections	
2	Jan. 17	Lecture: Our present: health & physical activity connections	} Portfolio Topic 1
	Jan. 20	Lecture: Sitting Diseases: assessing the evidence	
3	Jan. 24	Lecture: Human Movement: the basics	} Portfolio Topic 2 [Pedometer Distribution]
	Jan. 27	Lecture: Human Movement: measurement	
		Chinese New Year	
4	Feb. 10	Lecture: The Human Energy Crisis	Pedometer Baseline
	Feb. 14	Lecture: The Exercise Equation	} Portfolio Topic 3
5	Feb. 17	Lecture: Sitting Diseases: the heart	
	Feb. 21	Practical: Cholesterol & Blood Pressure	} Portfolio Topic 4 As Above
6	Feb. 24	Lecture: Increasing Physical Activity: stages of change	Hand-in data Goal: Return to Baseline
		READING WEEK	Portfolio Topic 5 As Above
	March 7	Lecture: Energy Intake & Energy Expenditure	Hand-in data Goal: to increase daily baseline steps by 500
7	March 10	Lecture: Global Nutrition Changes	} Portfolio Topic 6 As Above
	March 14	Lecture: Increasing Physical Activity: action	Hand-in data Goal: to increase previous week daily steps by 500
8	March 17	Lecture: Increasing Physical Activity: diet too	} Portfolio Topic 5 As Above

	March 21	Lecture: Sitting Diseases: fat	<i>Hand-in data</i> Goal: to increase previous week daily steps by 500 Portfolio Topic 7
9	March 24	Practical: Body Composition	As Above
	March 28	Lecture: Sitting Diseases: muscle	<i>Hand-in data</i> Goal: to increase previous week daily steps by 500 Portfolio Topic 8
10	March 31	Lecture: Increasing Physical Activity: maintenance	As Above Portfolio Topic 5
	April 4	Lecture: Sitting Diseases: depression	<i>Hand-in data</i> Goal: maintenance of previous week daily steps Portfolio Topic 9
11	April 7	Lecture: Sitting Diseases: alertness & fatigue	As above
	April 11	Lecture: Sitting Diseases: cancer	<i>Hand-in data</i> Return Pedometer Portfolio Topic 10
12	April 14	Lecture: Local and Global Solutions	Return Pedometer Portfolio Topic 11
	April 18	Lecture: Course Overview	Return Pedometer

Assessment 100% Course work

- (i) Pedometer Data: You MUST hand-in your daily step record for the 8 time periods indicated on the course outline and in WebCT. Each failure to hand-in the data incurs a 5% reduction in grade.
- (ii) Portfolio (100%): This course will be assessed using a portfolio. A portfolio is a collection of evidence that shows learning has taken place and will require reflection on readings, discussion of class materials or supplementary information that you choose to use pertinent to the topic at hand. It will require a self-reflection on each of the main topics (11 listed above in the schedule), as well as write-up of a case study entitled "Changing Sitting Behaviour". The case study will require you to use the pedometer data you have collected – individual and group (group data will be collated by Dr McManus). The discussion of the case study is open and may include issues related such as behavior change, moderators and mediators of physical activity, potential benefits of

increasing sitting behavior, social and cultural consideration etc. Each of the main topics should not be less 800 words and should not exceed 1000 words (excluding references). The case study should be no more than 1500 words.

Due date: May 5th 9.30 am (electronically via WebCT only NOT email or hardcopy).