



**Course Description:**

This course provides an understanding of the lifestyle factors that affect physical and mental health. The course will examine the positive effects of a healthy lifestyle on diseases such as heart disease, diabetes, cancer, and depression. Content is particularly suited to students who are interested in making healthy lifestyle changes. In laboratory sessions each student will assess their own health and lifestyle and then as a course assignment develop a personalized lifestyle improvement plan.

**OBJECTIVES:**

The major aims are to encourage development of an:

1. understanding of the role lifestyle plays in health and disease
2. understanding of how regular physical activity and good nutrition are an integral part of a healthy lifestyle
3. understanding of the way in which a sedentary lifestyle can reduce quality of life

Class Schedule: GENM0804 Summer Session, 2009

Date	Week	Lectures	Laboratory
24 Nov	1	Introduction: The Healthy Life Style – the Disease – Health Continuum	
25 Nov	1	Lifestyle Change Health Markers	Assessing your own health and fitness
26 Nov	1	Genetics –Gene/environment Interactions Back Pain and Posture	
1 Dec	2	Food Skills Physical Activity and Weight Management	
2 Dec	2	Personal Lifestyle Program Cholesterol	Developing your lifestyle change program
3 Dec	2	Heart Disease Diabetes	
8 Dec	3	Cancer Stress Management	
9 Dec	3	Sleep Depression	
10 Dec	3	Smoking Recreational Drug Use	

## **TEACHING STRATEGIES AND SUGGESTED APPROACHES TO LEARNING:**

**Lectures** – This approach is used to present relatively large amounts of information at a time on specific topics throughout the course. The lecturer will try to allow some time for interaction and activities in each lecture to provide you with an opportunity to clarify or reinforce the ideas that have been presented. You should take these opportunities to think about the information that has been presented and ask questions to enhance your understanding.

**Practicals** – The purpose of the practical components is to help you to develop a greater understanding of how your own fitness and health related parameters are assessed and plan a basic healthy lifestyle program for implementing change in your own life. These activities will be directed toward assessing and improving your own health status.

**Assessments** – These tasks have been chosen as tools to enhance and guide your learning as well as a way of measuring performance, and are therefore central teaching strategy in this course.

## **LEARNING OUTCOMES**

This term is used to describe what it is that you should be able to do, explain or understand if you have learned effectively in the course. For each lecture, practical and assessment item, the expected learning outcomes will be explicitly stated. The assessment in the course will be matched as closely as possible to the stated learning outcomes. That is, the assessment will test how well you have achieved the learning outcomes of the course. The general learning outcomes for the course as a whole are as follows:

### **At the end of the course you should:**

- Be able to communicate a basic understanding of how lifestyle is related to health
- Have an awareness of the ways in which modifying a variety of lifestyle factors can ameliorate the effects of a variety of challenges to optimal health
- Be able to develop a personal health profile
- Be able to plan strategies to make improvements in your own health status



**ADMINISTRATIVE MATTERS – for additional detail, refer to the  
*STUDENT HANDBOOK***

**CONSULTATION HOURS**

The lecturer will be available for consultation in her office between 10 - 11 am on Tuesday throughout the session. To meet with the lecturer outside these hours, please arrange a mutually convenient time via telephone or e-mail.

**MISSED EXAMS**

If in any circumstances you unavoidably miss an examination, you must inform the lecturer immediately. If you miss an exam without a documented medical reason you will be given an absent fail. If you arrive late for an exam no time extension will be granted. It is your responsibility to check timetables and ensure that you arrive with sufficient time.

**DEFERRED EXAMS**

If you miss an exam for medical reasons you must supply adequate documentation (including a medical certificate). Your request for consideration will then be assessed and a deferred exam may be granted. You cannot assume you will be granted supplementary assessment. The deferred exam may include a significant oral element.

**CONDUCT IN LABORATORY CLASSES**

All students must come prepared for active participation in laboratories. No open footwear is permitted, runners or cross trainers are the most appropriate. Students should be wearing clothing that is suitable for exercise such as shorts or track pants, with T-shirt or light sweater. Students who do not have suitable attire and do not have a legitimate reason for not participating (eg. medical complaint or injury) may be refused entry to the class and will then be marked absent. Students are permitted to bring bottled water into the laboratory. No consumption of food is permitted in class.

**PENALTIES FOR LATE SUBMISSION OF WORK**

In cases where an extension has NOT been granted, the following penalties will apply:

- For assignments submitted after **4.00pm** on the due date, a penalty of 50% of the maximum marks available for that assignment will be incurred.
- Assignments received two (2) or more days after the due date **will not be allocated a mark**, however, these assignments **must** still be submitted to pass the unit.

**PLAGIARISM**

Plagiarism from another student's work or other material (e.g. a text book, journal or web article) will not be tolerated. Students who submit the work of others as their own will fail the unit and risk expulsion from the university. Please refer to your university handbook for further information.