

# SIMON FRASER UNIVERSITY

S.86-70

## MEMORANDUM

To..... SENATE

From..... SENATE COMMITTEE ON UNDERGRADUATE  
STUDIES

Subject..... CHANGE IN REQUIREMENTS - CERTIFICATE  
PROGRAM IN HEALTH AND FITNESS STUDIES

Date..... MAY 20, 1980

Actions taken by the Senate Committee on Undergraduate Studies at its meeting of May 20, 1980 give rise to the following motion:

MOTION: "That Senate approve, as set forth in S.80-70, that the program requirements be altered to include the requirement that applicants for the Certificate Program in Health and Fitness Studies must hold a current Cardiopulmonary Resuscitation Certificate."

# SIMON FRASER UNIVERSITY

## MEMORANDUM

SCUS 80-22

Mr. Harry Evans

Registrar

Subject

Change in requirements for Certificate in Health and Fitness Studies  
(I.S.C. 80-4)

From Janet Blanchet, Assistant to the Dean

Faculty of Interdisciplinary Studies

Date May 13, 1980

Attached please find a change in requirements for the Certificate in Health and Fitness Studies (I.S.C. 80-4) which was approved at a meeting of the Faculty of Interdisciplinary Studies Undergraduate Curriculum Committee on May 6, 1980.

Please place this on the agenda of the next meeting of the Senate Committee on Undergraduate Studies.

  
Janet M. Blanchet

JMB:mm

Attachment

# SIMON FRASER UNIVERSITY

1.5.C. 80-4

## MEMORANDUM

To Janet Blanchet

From J. Dickinson

FIDS

Subject Change in requirements for Certificate  
in Health and Fitness Studies

Date April 29, 1980

APR 30 1980

Currently students enrolled in this certificate are provided with the opportunity to obtain the Cardiopulmonary Resuscitation Certificate of the St. John's Ambulance Society.

It was intended to make the acquisition of this certificate a requirement of the CHFS, but this was not included in the original proposal through an oversight.

We should like to remedy this by having approved the requirement that:

Applicants for the Certificate in Health and Fitness Studies must hold a current C.P.R. certificate.

Could you please place this on the agenda for the next meeting of the FIDS Undergraduate Curriculum Committee.

JD/jf

cc: Carol Knight (Continuing Studies)

*Margaret V. Savage* B.A., M.S. (Wash.), M.Ed. (Ohio),  
Assistant Professor

*Thomas J. Smith* B.A. (Wisc.), M.Sc. (Calif., Davis), Ph.D. (Wisc.),  
Assistant Professor

*David R. Stirling* B.Sc. (Hons.) (Guelph), M.A. (Geo. Wash.),  
Assistant Professor

*Jack E. Taunton* B.Sc., M.Sc. (S. Fraser), M.D. (Br. Col.),  
Assistant Professor

*John G. Wilkinson* B.Ed. (U. Montréal), M.Sc. (Ott.), Ph.D. (Alta.),  
Assistant Professor

*C. Martin Hendy* Educ. Cert. (Oxon.), M.A., Ph.D. (Oregon),  
Co-op Co-ordinator, Kinesiology and  
Director of Co-operative Education

*James Foort* B.A.Sc., M.A.Sc. (Tor.),  
Adjunct Professor

**Advisor:** Location: Room 7603 - Library  
Telephone: 291-3572

## General Education Credit Courses

The Department of Kinesiology offers a selection of elective courses concerned with the related aspects of health, physical performance, recreation and leisure. One or more of the following courses are offered each semester.

|            |                                                |
|------------|------------------------------------------------|
| KIN. 100-3 | Introduction to Human Structure and Function   |
| KIN. 110-3 | Current Topics in Human Nutrition              |
| KIN. 140-3 | Contemporary Health Issues                     |
| KIN. 142-3 | Introduction to Kinesiology                    |
| KIN. 143-3 | Exercise Management                            |
| KIN. 220-3 | Human Foods and Nutrition                      |
| KIN. 241-3 | Sports Injuries, Prevention and Rehabilitation |

## 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*, Section 2, of this Calendar.)

## Program Requirements

- (1) The successful completion of at least 24 credit hours, with 15 of these 24 hours earned by completing KIN. 100-3, 110-3, 140-3, 142-3, and 143-3; and with the remaining 9 or more hours selected from designated options (list available from the Department of Kinesiology or Continuing Studies), with at least 3 of those credit hours in Kinesiology.
- (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) Program requirements normally must 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 SFU. 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 Section 4. 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.

## Bachelor of Science (Kinesiology)

The Department of Kinesiology offers courses for the degree of B.Sc. (Kinesiology) to students interested in the study of human movement and human performance.

The study of Kinesiology includes anatomical, physiological, mechanical, developmental, psychological, and sociological aspects of movement. It is based upon the study of the fundamental disciplines of Biology, Chemistry, Mathematics, Physics, Psychology, and Sociology.