

HLTH 5702 C

Contemporary Issues in Healthy Active Living

Winter 2021

COURSE DESCRIPTION HERE

Healthy active living behaviours (e.g., physical activity, sedentary behaviours, sleep, diet) in developed societies have evolved to represent significant and substantial threats to the health and well-being of individuals and populations. This course will explore in detail the health consequences of modern living from biological, psychosocial, policy and global comparative perspectives within a socioecological framework. Topics to be covered will include temporal, cultural and spatial trends in healthy active living behaviours (e.g., physical activity, sedentary behaviour, sleep, diet); obesity; physical fitness; screen time disorders; physical literacy; nature deficit disorder; active transportation; and domestic and global efforts to reverse current trends among others. This course is designed for senior undergraduate and graduate level students and will involve significant class interaction, writing assignments as well as examinations.

Instructor: Dr. Scott Rollo

Schedule: Tuesdays 11:35am – 2:25pm

For further information, please contact Claire MacArthur at claire.macarthur@carleton.ca