



Health and Sports Science Module Handbook
Faculty of Sports Science Universitas Negeri Makassar

Module designation		<i>Sports and Public Health</i>				
Semester(s) in which the module is taught		5				
Person responsible for the module		Dr. Arimbi, S.Or., M.Pd.				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 2 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	140 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	28	28	28	4	88
	Practical class	-	-	-	-	
	Total					88
Credit points		2 credits				
Required and recommended prerequisites for joining the module		Kinesiology, Physiology				
Module objectives / intended learning outcomes		<p>After taking this course, students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the various subdisciplines of public health and how public health differs from medicine. 2. Describe how the emergence of the new field of physical activity and public health has occurred where the disciplines of public health and kinesiology overlap. 3. Explain the health effects (and risks) of physical activity on chronic conditions, including cardiorespiratory and metabolic diseases, musculoskeletal injuries, and functional health. 4. Discuss common approaches for promoting physical activity and public health. 				



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<p>Content</p>	<ul style="list-style-type: none"> • Fundamentals of Public Health (defining moments in public health, areas of specialization in public health, core functions of public health). • Integrating Public Health and Physical Activity (history of physical activity and public health, role of physical activity in chronic disease development, promoting physical activity for health, practitioners of physical activity in public health). • Cardiorespiratory and Metabolic Health (prevalence of cardiovascular disease, kinesiology and cardiorespiratory health, general recommendations for cardiorespiratory health). • Health Risks of Exercise and Physical Activity (musculoskeletal injuries, kinesiology and musculoskeletal injuries, sudden adverse cardiac events). • Approaches to Promoting Physical Activity (kinesiology and physical activity outcomes for youth, physical activity in children and adolescents).
<p>Exams and assessment formats</p>	<p>Assignment (Student Paper) Students will write a 3 to 5 page, excluding references, paper on Community Physical Activity/Wellness Promotion Initiative. The paper must include at least 5 scholarly sources in current APA format. Weight: 20%</p> <p>Mid and Final Exams There will be two (2) exams during the course, mid-semester exam and final-semester exam, for students to demonstrate their mastery of course concepts. The exams will consist of True/False and Multiple-Choice Questions. Weight: 60%</p>
<p>Study and examination requirements</p>	<p>Students are expected to attend all classes, including online class, unless circumstances prevent them from attending and an email was sent prior to class. Final grading will be based on students' attendance, their participation in completing the assignment, and their scores in mid and final exams.</p>



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Reading list	<p>Required Text</p> <p>Kohl, H. W., Murray, T. D., & Salvo, D. (2020) Foundation of Physical Activity and Public Health, 2nd Edition. Human Kinetics.</p> <p>Suggested Texts</p> <p>Schneider, M. J. (2017). Introduction to Public Health 5th Edition. Jones & Bartlett Learning.</p> <p>Giriwijoyo, S., & Safar, D. (2012). Ilmu Kesehatan Olahraga [Sport Health Science]. Rosdakarya.</p>
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