

Project Summary (150 words maximum)

The content of the Human Kinetics (HKIN) 461 and 471 courses relate to physical *inactivity* — one of the world's major public health problems (Blair, 2009). A way of addressing this epidemic is through the principles offered by the "Exercise is Medicine" (EIM) organization and its resources. The *HKIN Online Project* will integrate the EIM principles into the curriculum of HKIN 461 and 471, thus providing students with information that will empower them to facilitate positive change with regards to the physical inactivity epidemic. Further, course content will be updated with other cutting-edge knowledge relevant to course objectives and improved through direct advice offered from past and future students of these courses via student led focus groups and interviews. Additionally, this project will develop the courses so that they are available online. As well as creating two new online courses, this TLEF project will provide a model for moving HKIN (and other departments') courses online.