

Course available anytime between Sept 1st and Dec 31st.

Register anytime before December 31st by calling **1-888-823-8734** between 9 am and 4pm.

For more information visit: <https://www.ufv.ca/continuing-education/courses/health-and-fitness/kinesiology/>

Exercising in air pollution: What do we know, what don't we know and what can practitioners do to help clients?

Target audience: Exercise professionals such as Kinesiologists, CSEP CEPs/CPTs, personal trainers and athletic therapists.

Course instructor: [Dr. Luisa Giles](#), Assistant Professor, School of Kinesiology, University of the Fraser Valley



Invited speakers:

- [Dr. Michael Koehle](#), Professor, School of Kinesiology, University of British Columbia
- Andy Hung, Graduate student, School of Kinesiology, University of British Columbia

Course overview: The course will introduce the effects of air pollution in relation to exercise, health, and performance. Students will learn about different types of air pollutants, their health effects, and implications of air pollution exposure during exercise, in addition to strategies to minimize the health impacts of air pollution during exercise. The 4 units are outlined below:

- Unit 1: What is air pollution and how does it affect health?
- Unit 2: What are the health/physiological effects of exercising in air pollution?
- Unit 3: How can exercising in air pollution affect exercise performance?
- Unit 4: Strategies to mitigate risk.

Course delivery: The course is asynchronous (you can do it in your own time) and will consist of a mixture of lectures, activities, unit quizzes, and an end of course quiz. The course consists of 2 h 20 min of lectures plus approx. 1.5-2 h of activities.

Course dates: The course is available for completion between Sept 1st and December 31st; however, we recommend that participants aim complete it within a 1-week period.

Course cost: \$75.

- For anyone who takes the course you will have the option to participate in a **questionnaire-based research project** where you will have the opportunity to win one of several gift cards worth up to **\$75**.

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Registration: Call **1-888-823-8734** during business hours (9-4), select option 1 to register and quote the course name and CRN (course number, found on the [course website](#)). You can register for the course at any time before December 31st, just give yourself enough time to complete it before December 31st.

Professional Development/Continuing Education Credits: The course is valued at 4 credits with the BCRPA and 1 credit per hour for BCAA and the AKA. This course has been accredited for 4 CSEP professional development credits. This course has been approved for 1.6 continuing education units with the Canadian Athletic Therapists Association. The Kinesiology Association of Saskatchewan, and the New Brunswick Kinesiology Association recognizes that professional development courses such as this, are valued at 2 professional development credits per hour.