



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**  
**COURSE OUTLINE – Fall 2020**  
**PE1100 (A2): Personal Health and Fitness – 3 (3-0-1) UT 60 Hours**

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**(LECTURES):**  
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**OFFICE HOURS:**    By appointment.

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**OFFICE HOURS:**    By appointment.

**FALL 2020 DELIVERY:** Mixed Delivery. This course is delivered remotely with some face-to-face/onsite components at the GPRC Grande Prairie campus.

- For the remote delivery components: students must have a computer with a webcam and reliable internet connection. Technological support is available through [helpdesk@gprc.ab.ca](mailto:helpdesk@gprc.ab.ca).
- For the onsite components: students must supply their own mask and follow GPRC Campus Access Guidelines and Expectations (*insert web link when finalized document is available*). The dates and locations of the onsite components can be found on the Course Calendar.

**CALENDAR DESCRIPTION:**

This course is an individual-based analysis of physical fitness and personal health and wellness. The emphasis is on managing your own lifestyle for health and well-being.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:**

Insel, P. M., Roth, W. T., Burke, S., & Irwin, J. D. (2019). *Core concepts in health – 3<sup>rd</sup> edition*. Mississauga, ON: McGraw Hill Education.

**DELIVERY MODE(S):** The course work includes online lectures, class discussions, group work, assignments and in-person activity labs.

**COURSE OBJECTIVES:**

1. To develop a knowledge and understanding of the basic concepts of wellness, health promotion, active living, physical fitness and nutrition.
2. To develop a personal plan for living a healthy, well balanced life.
3. To identify health and fitness as resources and major components in achieving quality life.
4. To develop an awareness of the function of various public and private agencies in promoting health within the community.

**LEARNING OUTCOMES:**

1. To construct a personal fitness and wellness plan.
2. To build a healthy nutrition plan.
3. To identify sources of stress and implement a stress management plan.
4. To know the differences between health related and fitness-related physical activity programs.
5. To recognize the effects of sedentary lifestyles, poor nutrition, stress and destructive habits on chronic diseases such as heart disease, obesity, cancer, diabetes, etc.
6. To recognize sexuality and how it applies to health and wellness.

**TRANSFERABILITY:**

UA, UC, UL, AU, AF, CU, CUC, GMU, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2>)

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions.**

**Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

**EVALUATIONS:**

<p><b>Lab Books (15%)</b> Labs sheets need to be submitted in a duo-tang (whole punched and secured in the duo-tang). Labs submitted in a binder, folder, or as a stack of paper (stapled or unstapled) will not be accepted.</p>	<p>October 23 2020 and November 27 2020</p>
<p><b>Presentation (15%)</b> This is a group presentation. Specific requirements will be discussed at the start of the semester. APA referencing required. Schedule will be posted on Moodle</p>	<p>Presentation content due November 25, 2020 11:59pm, presentations to take place on zoom on 26 November and 1 December 2020</p>
<p><b>Assignment (20%)</b> Nutrition Plan Stress Management Plan</p>	<p>October 20, 2020 November 10, 2020</p>

<b>Exercise Plan</b> The details of these assignments will be discussed in class and posted on Moodle. APA format and referencing required.	November 24, 2020
<b>Mid-term Exams (10% each)</b> The first Midterm will cover content covered from the start of class up to the lecture prior to the first Midterm. The second Midterm will cover content from the first Midterm up to the lecture prior to the second Midterm	October 1, 2020 and November 5, 2020
<b>Final Exam (30%)</b> The final written exam will cover material presented throughout the course with an emphasis on content covered after the second Midterm	TBA – sometime between December 11 and 19 December 2020

### GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is less than C-. This means **DO NOT GET LESS THAN “C-“ IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

### COURSE SCHEDULE/TENTATIVE TIMELINE:

**Tuesdays/Thursdays 8:30 – 9:50 am Lectures: Online**  
**Fridays 8:30 – 9:20 am Labs: Location to be posted on MyClass**

	Chapter(s) from Textbook	Labs
Week 1: Sept. 3	L1: Introduction and Ch. 1: Taking Charge of Your Health	Sept. 4 <b>No lab</b>

Week 2: Sept. 8 & 10	L1: Ch. 6: Exercise for Health and Fitness L2: Ch. 7: Cardiovascular Health	Sept. 11 Fitness Assessment
Week 3: Sept. 15 & 17	L1: Strength Training Principles L2: Strength Training Principles	Sept. 18 Weight room tour
Week 4: Sept. 22 & 24	L1: Ch. 5: Nutrition Basics L2: Ch. 4: Weight Management	Sept. 25 Nutrition lab
Week 5: Sept. 29 & Oct. 1	L1: Chronic Diseases L2: <b>Midterm 1 (October 1 2020)</b>	Oct. 2 Posture
Week 6: Oct. 6 & 8	L1: Ch. 3: Stress: The Constant Challenge L2: Ch. 15: Alcohol Use and Alcoholism /Ch. 14: Drug Abuse and Addiction (AHS)	Oct. 9 Blood Pressure
Week 7: Oct. 13 & 15	<b>Fall Break</b>	Oct. 16 <b>No Lab</b>
Week 8: Oct. 20 & 22	<b>Nutrition Plan Due (October 20, 2020 11:59pm)</b> L1: Ch. 16: Tobacco Use - <b>Lab Books Due (October 23, 2020 in class)</b> L2: Ch. 2: Psychological Health ( <b>With Katie Stabb</b> )	Oct. 23 Stress Management
Week 9: Oct. 27 & 29	L1: Ch. 10: Healthy Relationships and Communication ( <b>Odyssey House</b> ) L2: Ch. 18: Sexually Transmitted Diseases ( <b>HIV</b> )	Oct. 30 Stress Management
Week 10: Nov. 3 & 5	L1: Ch. 11: Healthy Sexuality ( <b>PACE</b> ) L2: <b>Midterm 2 (November 5, 2020)</b>	Nov. 6 Communication
Week 11: Nov. 10 & 12	<b>Stress Management Plan Due (November 10, 2020 11:59pm)</b> L1: Ch. 8: Pregnancy and Childbirth L2: Ch. 17: Immunity and Infection	Nov. 13 Sleep Hygiene
Week 12: Nov. 17 & 19	L1: Ch. 20: Conventional and Complementary Medicine L2: Ch. 22: Aging: A Vital Process	Nov. 20 Fitness assessment
Week 13: Nov. 24 &	<b>Exercise Plan Due (November 24, 2020 11:59pm)</b> <b>Presentation content due (November 25, 2020)</b>	Nov. 27 Lived Experiences

26	<b>11:59pm)</b> <b>Lab Books Due (November 27, 2020 in class)</b> L1: Ch. 23: Dying and Death L2: Student presentations	
Week 14: Dec. 1 & 3	L1: Student Presentations L2: Review	Dec. 4 <b>No Lab</b>
<i>Note: Minor schedule changes or adjustments are possible</i>		

#### **STUDENT RESPONSIBILITIES:**

- **Students must complete all assignments and examinations in order to receive a passing grade in this course. Failure to do so will result in an incomplete (IN) grade which may result in a failing (F) grade.**
- **All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.**
- **All assignments are expected to be submitted on the due date at the start of class. Late assignments will be deducted 10% if not handed in at the start of class on the due date and an additional 20% per day it is late.**
- **Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.**
- **Most classes will have required materials to review on Moodle before class. It is expected that you will review materials in advance so you can fully participate in class activities and discussions. If students are not prepared for class, pop quizzes may be given to ensure adequate preparation. Many activities in class will require active participation so be prepared to be involved!**
- **Attendance to labs are mandatory. Only excused absences will be able to make up the lab, at the Lab Instructor's discretion. This needs to be discussed prior the absence, if sick and unable to attend an email is required prior to the start of lab and a Doctor's note needs to be produced before the lab can be completed.**

#### **STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

\*\*Note: all Academic and Administrative policies are available on the same page.

