



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – Fall 2017**

PE1100 (A2): Personal Health and Fitness – 3 (3-0-1) UT 60 Hours

INSTRUCTOR: Lorelle Kerik (lectures) **PHONE:** 780-539-2978
Chantelle LaMotte (labs)
OFFICE: K216 **E-MAIL:** lkerik@gprc.ab.ca
OFFICE HOURS: By appointment or drop in.

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. (2016). *Connect core concepts in health*. Mississauga, ON: McGraw Hill Education.

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, assignments and 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:

Midterm - Oct. 17th	20%
Labs/Workbook #1 due Oct. 20th	15%
Labs/Workbook #2 due Dec. 7th	15%
Project/Presentation – Nov. 30th – Dec. 5th	20%
Final – Date TBA	30%

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 **2:30 – 3:50 pm** **Lectures** **J229**
Fridays **12:00 – 12:50 pm** **Labs** **Gymnasium or J229**

Classroom	Chapter(s) from Textbook	Labs
Week 1: Aug 31	Introduction Ch. 1: Taking Charge of Your Health	No lab
Week 2: Sept. 5 & 7	Ch. 13: Exercise for Health and Fitness Strength Training Principles	Sept. 8 Fitness Assessment (Gym)
Week 3: Sept. 12 & 14	Ch. 14: Weight Management Ch. 12: Nutrition Basics	Sept. 15 Nutrition lab (J229)
Week 4: Sept. 19 & 21	Ch. 15: Cardiovascular Health Chronic Diseases	Sept. 22 Interval Training (Gym)
Week 5: Sept. 26 & 28	Ch. 9: Drug Abuse and Addiction Ch. 10: Alcohol Use and Alcoholism	Sept. 29 Blood Pressure (J229)
Week 6: Oct. 3 & 5	Ch. 11: Tobacco Use Ch. 2: Stress: The Constant Challenge	Oct. 6 Stress Management (J229)
Week 7: Oct. 10 & 12	Ch. 3: Psychological Health Ch. 19: Environmental Health	Oct. 13 Stress Management (J229)
Week 8: Oct. 17 & 19	Midterm Ch. 4: Intimate Relationships and Communication	Oct. 20 Communication (J229)
Week 9: Oct. 24 & 26	Ch. 5: Sex and Your Body Ch. 8: Pregnancy and Childbirth	Oct. 27 Sexuality (J229)
Week 10: Oct. 31 & Nov. 2	Ch. 18: Sexually Transmitted Diseases <i>No Class – PEAK Student for a Day</i>	Nov. 3 Sleep Hygiene (J229)
Week 11: Nov. 7 & 9	Ch. 17: Immunity and Infection Ch. 20: Conventional and Complementary Medicine	No lab
Week 12: Nov. 14 & 16	Ch. 21: Personal Safety Ch. 22: Aging: A Vital Process	Nov. 17 Posture & Flexibility (Gym)
Week 13: Nov. 21 & 22	Ch. 23: Dying and Death	Nov. 24 Lived Experiences (J229)
Week 14: Nov. 28 & 30	Presentations Presentations	Dec. 1 Fitness Assessment (Gym)

Week 15: Dec. 5 & 7	Presentations Review	No lab
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STUDENT RESPONSIBILITIES:

- **All assignments must be submitted in typed format adhering to ALL APA format requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**
- **Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student’s responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**

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/**

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