

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE - Fall 2023

PE1210 (A2): Introduction to Personal Physical Fitness – 3 (3-0-1) 60 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Lorelle Warr **PHONE:** 780-539-2978

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OFFICE HOURS: By Appointment

LAB INSTRUCTOR: James Phillips **PHONE:** 780-539-2053

OFFICE: K216 E-MAIL: jphillips@nwpolytech.ca

LAB INSTRUCTOR: Brendan Shaffick **PHONE:** 780-539-2990

OFFICE: K217 **E-MAIL:** <u>bshaffick@nwpolytech.ca</u>

CALENDAR DESCRIPTION: Examines the biological foundations of physical activity/exercise and the components of health-related physical fitness in health, disease and performance applied to physical activity guidelines and exercise prescription for healthy adults, chronic disease and sport performance.

PREREQUISITE(S)/COREQUISITE: N/A

REQUIRED TEXT/RESOURCE MATERIALS: Reading and resource materials will be provided on myClass.

DELIVERY MODE(S): PE1210 consists of 3 hours of instruction and 1 hour of lab time per week. The instructional time will include lecture, class discussions, group work, self-reflection, and examinations. The labs will consist of physical exercise and hands on activities.

LEARNING OUTCOMES:

Upon successful completion of this course, students will be able to:

1. Evaluate the impact of the dimensions of wellness on a person's overall well-being, with a focus on the physical dimension of wellness.

- 2. Describe and define the health-related components of physical fitness and identify the difference from skill-related components of physical fitness.
- 3. Identify the significance of and participate in fitness assessments for apparently healthy adults.
- 4. Outline the basics of exercise prescription for apparently healthy individuals, based on physical fitness assessment scores.
- 5. Recognize the effects of sedentary lifestyles, poor nutrition, and stress on chronic diseases such as heart disease, obesity, cancer, and diabetes.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page http://www.transferalberta.ca.

** 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:

All due dates and times are in MST.

Midterm	October 17 th in class		15%
Labs	Thursdays @ 11:59pm on due dates		30%
Classroom Assignments	Varies @ 11:59pm on due dates		20%
Final Exam Part 1: Final Project	TBD		20%
Final Exam Part 2: Exam	TBD		15%
		Total	100%

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point	Percentage	Alpha	4-point	Percentage
	Equivalent	Guidelines	Grade	Equivalent	Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	С	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
В	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

This schedule may be adjusted if necessary. Labs are in M119 unless otherwise stated.

	Tuesday Lecture	Readings	Thursday Lecture	Readings	Friday Labs		
Sept. 5-8	Introduction		Health & Fitness	AFLCA (2012) Insel et al. (2016)	No Lab		
Sept. 12-15	Health & Fitness	AFLCA (2012) Insel et al. (2016)	Lifestyle Factors	Panahi & Tremblay (2018)	Weight Rm. 101		
Sept. 19-22	Chronic Diseases	Websites: links on myClass	Chronic Diseases	Websites: links on myClass	Meditation		
Sept. 26-29	Stress	Boule & Prud'humme (2020)	Physiological Responses to Exercise		RHR/RBP		
Oct. 3-6	Evaluating Sources (Alward Lab)		Pre-Screening	CSEP (2017) CSEP Informed Consent CSEP-CPT Pre-Screening Tool	Pre-Screening		
Oct. 10-13	Behaviour Modification	CSEP (2013) Jackson (2010)	Behaviour Modification	CSEP (2013) Jackson (2010)	Goal Setting		
Oct. 17-20	Midterm Exam		Components of Physical Fitness	Insel et al. (2016)	Fitness Testing (Gym)		
Oct. 24-27	Fitness Testing	Heyward & Gibson (2014)	Body Composition	CSEP (2021)	Body Composition		
Oct. 31-Nov. 3	Using Resources (Alward Lab)		Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Aerobic Training (Fitness Center)		
Nov. 7-10	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Resistance Training	Singh et al. (2019) Joint Movements	Interval Training (M121)		
Nov. 14-17	Fall Break						
Nov. 21-24	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Fiataraone Singh et al. (2019) Sands et al. (2012) Ch. 1 & 2	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Singh et al. (2019)	Resistance Training (Fitness Center)		
Nov. 28-Dec. 1	Flexibility	Jefferys (2016)	Evaluating Exercise Plans		Stretching (M121)		
Dec. 5-8	Evaluating Exercise Plans		Final Project		No Lab		
Dec. 12	Review						

STUDENT RESPONSIBILITIES:

Labs: Attendance to labs ARE mandatory. Only excused absences will be able to make up the lab. This needs to be discussed prior the absence, if sick and unable to attend an email, to the correct Lab Instructor (check the schedule above), is required prior to the start of lab and a Doctor's note may be required before the lab can be completed.

Late Assignments: Assignments will be deducted 10% for each day it is late. If you are struggling to complete your assignment on time due to unexpected circumstances, email the instructor prior to the due date.

Time Management: Adopting and adhering to effective learning habits in this course will likely take up a great deal of time so plan your schedule accordingly. It is difficult to catch up once a student falls behind in required readings and exercises.

Cell Phones: The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class is therefore strictly prohibited.

Email: Email is the preferred option to communicate with your instructor. Email correspondence to your instructor <u>must</u> be sent from your NWP student email account. Emails should be professionally formatted and include a subject, correct spelling and grammar, and a reference to course material and/or textbook pages, etc. Emails that do not adhere to this format may not be responded to.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at https://www.nwpolytech.ca/about/administration/policies/index.html.

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