

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE - Winter 2023

PE1210 (B3-L2-L3): 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: Ron Thomson **PHONE:** 780-512-6543

OFFICE: Off Campus **E-MAIL:** rthomson@nwpolytech.ca

OFFICE HOURS:

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: None

REQUIRED TEXT/RESOURCE MATERIALS: Reading materals or links will be made available on D2L as necessary.

DELIVERY MODE(S): Lectures, in-class discussions, group work, in class exercise and lab activities.

COURSE OBJECTIVES:

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

- 1. Describe and define the health-related components of physical fitness
- 2. Identify and participate in fitness assessment for healthy adults
- 3. Outline exercise prescription for healthy adults
- 4. Discriminate between fitness-related and health-related outcomes of physical activity and exercise programs
- 5. Discuss the relationship among physical activity, fitness, and chronic diseases

LEARNING OUTCOMES:

Through completion of this course, students will be able to:

- 1. Appreciate the physical dimensions of wellness as a major component in a person's overall well-being
- 2. Lead a healthy adult lifestyle through a fitness assessment
- 3. When given physical fitness scores, be able to prescribe a scientifically based fitness prescription
- 4. Identify the differences between health-related and fitness-related physical activity programs
- 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:

Midterm	Feb 15 in class		15%
Labs	Varies @ 11:59pm on due dates		20%
Classroom Assignments	Varies @ 11:59pm on due dates		30%
Final Exam Part 1: Exercise	TBD		20%
Prescription Assignment			
Final Exam Part 2: Exam	TBD		15%
		Total	100%

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

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	90-100	C+	2.3	67-69
A	4.0	85-89	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
В-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

	Monday Lectures	Readings	Wednesday Lectures	Readings	Wednesday Labs	
T 4.6	2:30-3:50pm		2:30-3:50pm		L2- 9-9:50am L3- 10-10:50am	
Jan 4-6			Introduction		No Lab	
Jan 9-13	Health and Fitness	AFLCA (2012)	Sedentary Behaviour	Panahi & Tremblay (2018)	No Lab	
		Insel et al. (2016)	(Last day to add/drop)			
Jan 16-20	Obesity	Boule & Prud'humme (2020)	Basic Research Skills Learning		Body Composition	
			Commons		(M119)	
Jan 23-27	Heart Disease	Heart and Stroke Foundation (2011)	Diabetes	Diabetes Canada (2020)	RHR/RBP (M119)	
		Heart and Stroke Foundation Infographic (n.d.)		Sigal et al. (2018)		
Jan 30-Feb 3	Cancer	Lugo et al. (2019)	Pregnancy	Mottola et al. (2019)	Pre-Screening (M119)	
Feb 6-10 Pr	Pre-Screening	CSEP (2017)	Behaviour Modification	CSEP (2013)	Weight Room Tour (Fitness	
		CSEP Informed Consent		Jackson (2010)	Center)	
		CSEP-CPT Pre-Screening Tool				
Feb 13-17	Basic Components of	Insel et al. (2016)	Midterm Exam		Weight Room 101 (Fitness	
	Physical Fitness				Center)	
Feb 20-24			Winter Break - No Classes			
Feb 27-Mar 3	Fitness Assessment and Program Design	Heyward & Gibson (2014)	Exercise Prescription Basics	Sands et al. (2012) Ch. 1 & 2	Fitness Assessment (Gym)	
Mar 6-10	Exercise Prescription	Sands et al. (2012) Ch. 1 & 2	Aerobic Fitness	McCarthy & Roy (2012)	Aerobic Training	
	Basics			Gibson et al. (2019)	(Fitness Center)	
				Reuter & Dawes (2016)		
Mar 13-17	Aerobic Fitness	McCarthy & Roy (2012)	Applied Movement Mechanics	Joint Movement Terms	Interval Training	
		Gibson et al. (2019)		Anatomy of Musculoskeletal	(M121)	
		Reuter & Dawes (2016)		System		
Mar 20-24	Resistance Training	Sheppard & Triplett (2016)	Resistance Training	Sheppard & Triplett (2016)	Resistance Training	
		Schoenfeld & Grgic (2018)		Schoenfeld & Grgic (2018)	(Fitness Center)	
		Fiataraone Singh et al. (2019)		Singh et al. (2019)		
Mar 27-31	Flexibility	Jefferys (2016)	Stress Management	Donatelle et al. (2018)	Stretching	
	(Last day to withdraw)				(M121)	
Apr 3-7	Knowledge Translation		Exercise		Meditation (M121)	
	Learning Commons		Prescription			
Apr 10-12	Exercise Prescriptoin		Review		No Lab	

STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% if handed in late on the due date and an additional 10% for each additional day late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class, prior to the start of 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 myClass before class. It is expected that the
 student reviews materials in advance so they 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 get involved!
- 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 is required prior to
 the start of lab and a Doctor's note may be required 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 Calendar at https://www.nwpolytech.ca/programs/calendar/ or the College Policy on Student Misconduct: Plagiarism and Cheating at https://www.nwpolytech.ca/about/administration/policies/index.html

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