

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2024

PE1210 (A2/L1/L2): Introduction to Personal Physical Fitness – 3 (3-0-1) 60 Hrs for 15 Wks

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
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OFFICE HOURS: By appointment

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LAB INSTRUCTOR: Jamie Strauss
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OFFICE HOURS: By appointment

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CALENDAR DESCRIPTION: This course examines the biological foundations of physical activity/exercise and the components of health-related physical fitness as compared to health, chronic disease, and performance; and explores physical activity guidelines and exercise prescription for healthy adults.

PREREQUISITE(S)/COREQUISITE: None

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

DELIVERY MODE(S): 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.alberta.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 18 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 (80 minutes)	15%
Total		100%

GRADING:

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

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	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:

This schedule may be adjusted if necessary. **Labs are in L123 unless otherwise stated.**

	Monday Lecture	Wednesday Lecture	Friday Labs
Sept 3-6		Introduction	No Lab
Sept 9-13	Health & Fitness	Health & Fitness	Weight Rm. 101
Sept 16-19	Lifestyle Factors	Evaluating Sources	Meditation
Sept 23-27	Chronic Diseases	Stress	RHR/RBP
Sept 30-Oct 4	Truth & Reconciliation Day	Physiological Responses	Pre-Screening
Oct 7-11	Physiological Responses	Pre-Screening	Goal Setting
Oct 14-18	Thanksgiving	Midterm Exam	Body Composition
Oct 21-25	Behaviour Modification	Behaviour Modification	Fitness Testing (Gym)
Oct 28-Nov 1	Body Composition	Fitness Testing	Aerobic Training (Fitness Center)
Nov 4-8	Aerobic Fitness	Aerobic Fitness	Interval Training (Fitness Studio)
Nov 11-15	Remembrance Day & Fall Break		
Nov 18-22	Using Resources	Resistance Training	Resistance Training (Fitness Studio)
Nov 25-29	Resistance Training	Resistance Training	Stretching (Fitness Studio)
Dec 2-6	Flexibility	Evaluating Exercise Plans	Make-Up Lab*
Dec 9	Final Project		

*Excused absence approved in advance of the original lab by the lab instructor.

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 Lab Instructor is required prior to the start of lab and a doctor's note may be required before the lab can be made up.

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 will not be tolerated.

Email: Email is the preferred option to communicate with your instructor. **Email correspondence to your instructor must 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.