

## KINESIOLOGY AND HEALTH SCIENCES

### COURSE OUTLINE – Winter 2025

#### PE1100 (A3): Personal Health and Wellness

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.

<b>INSTRUCTOR:</b>	Erin Post	<b>PHONE:</b>	780-539-2875
<b>OFFICE:</b>	K216	<b>E-MAIL:</b>	epost@nwpolytech.ca
<b>OFFICE HOURS:</b>	By appointment		

**CALENDAR DESCRIPTION:** This course is an individual-based analysis of personal health and wellness issues. The emphasis is on planning and managing your own lifestyle for health and well-being.

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

#### **REQUIRED TEXT/RESOURCE MATERIALS:**

Fahey, T., Insel, P., & Roth, W., Insel, C., & Wong, I. (2022) *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, 6<sup>th</sup> Canadian Edition – Connect*. McGraw Hill.

Other readings posted on myClass

#### **DELIVERY MODE(S):**

This course may be delivered via lectures, class discussions, off-site activities, group work, in-class activities, labs, and individual student work that includes various delivery methods.

## LEARNING OUTCOMES:

1. Understand and explain key concepts related to fitness, health, and wellness.
2. Recognize the 5 main components of wellness and articulate how they can be promoted.
3. Differentiate between health-related and fitness-related physical activity programs.
4. Be able to develop a personal plan for improving health and wellness, including elements such as physical activity, nutrition, and stress management/coping.
5. Recognize the positive effects of lifestyle interventions on human healthspan, lifespan, and functioning.

## 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:

Lab Activities & Bingo	Sundays @11:59 pm	20%
Assignments	Sundays @ 11:59 pm	40%
Midterm	Feb 27, in class	15%
Final Exam	TBD (Apr 14-23, 2025)	25%
<b>Total:</b>		<b>100%</b>

## 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 Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
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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:

Lecture: Tuesday & Thursday 11:30 – 12:50 pm (A305)

Labs: Monday 1:00 – 1:50 pm (L123\*)

Readings: The reading for the week should be done prior to class.

\*Locations noted are the typical location for this class, unless otherwise noted on myClass.

*This is a tentative schedule and may change based on class progression and facility availability*

	Labs - Mondays	Topic & Reading
Jan 6-10	No Lab	Course Introduction
Jan 13-17	Lab #1	Intro to Wellness, Fitness, and Lifestyle Management (Ch 1)
Jan 20-24	Lab #2	Basic Principles of Physical Fitness (Ch 2)
Jan 27-31	Lab #3	Cardiorespiratory Endurance (Ch 3)
Feb 3-7	Lab #4	Muscular Strength & Endurance (Ch. 4)
Feb 10-14	Lab #5	Flexibility & Low Back Health (Ch. 5)
<b>FEBRUARY 17 – 21: READING WEEK – NO CLASSES!</b>		
Feb 24-28	No Lab	Body Composition (Ch. 6) & Midterm
Mar 3-7	Lab #6	Putting Together a Complete Fitness Program (Ch. 7)
Mar 10-14	Lab #7	Nutrition (Ch. 8)
Mar 17-21	Lab #8	Weight Management (Ch. 9)
Mar 24-28	Lab #9	Stress and Management and Sleep (Ch. 0)
Mar 31-Apr 4	Lab #10	Cardiovascular Health and Diabetes (Ch. 11)
Apr 7-11	Lab #11	Wellness for Life (Ch. 12)
<b>APR 14 – 23: FINAL EXAM (2-hour exam scheduled by Registrar's Office)</b>		

## STUDENT RESPONSIBILITIES:

**BE PREPARED:** Each class's assigned readings and exercises should be completed before attending that class. As this course includes discussion and practice exercises, attendance at all sessions is required and is critical to the student's success in the course. If you have difficulty in this course, please contact me immediately for assistance.

**ILLNESS/EMERGENCY:** Notify the instructor as soon as possible in writing, prior to class.

**MISSED CLASSES:** Lectures will not always cover all the assigned reading materials. Lectures may cover topics and include information that is not covered by your reading materials. Therefore, it is imperative that you attend every class as your exams may include materials from the lectures that are not covered by the reading materials. You are accountable for delivered lectures, assigned readings, and any announcements that will be made in class. If you are unable to attend a particular class, it is your responsibility to find out what was missed by approaching a classmate first, then if you have further questions you may follow up with the instructor. It would be unfair for students who miss lectures to be advantaged by getting the instructor's notes. You are expected to attend class regularly. Any student who misses 8 or more classes without approval may be unable to sit for subsequent assessments. **Past records show that class attendance is highly correlated with the final grade in a course.**

**LATE ASSIGNMENTS:** Late assignments will be deducted 10% per day (including weekends) up to 4 days late. After 4 days late, assignments will not be accepted. Some evaluations will occur partially or all in class and cannot be made up if missed. See guidelines for each evaluation on myClass for specific details. Exceptions may be made for extenuating circumstances, discuss any concerns with the instructor as soon as possible.

**EXAMS:** If you foresee that you will be unable to write a test or exam at the scheduled time due to illness or emergency, you should notify me immediately, preferably one day in advance. A message may be left on my voice mail (780-539-2875) or e-mail (epost@nwpolytech.ca) together with a phone number where you



may be reached to arrange for an alternative date to write the test, if feasible. Failure to notify the instructor will result in a grade of zero for the missed tests. Extenuating circumstances may be assessed on a case-by-case basis; documentation may be required. Instructors reserve the right to administer exams using screen monitoring software, such as AB Tutor.

**PROFESSIONALISM:** All students are expected to display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with fellow students and the instructor, attention to fellow students' questions and the instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism. Any violation or misconduct may result in dismissal from the class.

**ASKING FOR HELP:** Talk to me if you have concerns or if you are experiencing difficulties that may have a negative impact on your academic performance. Please see me after class or email me to set up an appointment.

## **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>.

Proper use of AI will be discussed on a per-assignment basis. If consent to use AI is not specified, assume it is not permitted. Your work may be challenged verbally by the instructor to confirm knowledge and understanding of the material submitted in the assignment or exam.

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

## **IMPORTANT ADDITIONAL INFORMATION:**

**PLAGIARISM AND AI:** Instructors reserve the right to use electronic plagiarism detection services and software on written assignments and essays. Uncritically copying and pasting the outputs of AI demonstrates a lack of independent thought and fails to show your mastery of the course content. It is your responsibility to identify the source of the ideas, by doing your own independent research and verification. Without exception, the source of the ideas must be cited.

USE OF ELECTRONIC DEVICES: Instructors reserve the right to ban the use of any form of electronics (cell phones, iPods, tablets, laptops, etc.) during class and exams - at any time. Those students who have accommodations may use technology as required and approved by Accessibility Service and the instructor. With the exception of in-class assignments or where permission is given, cell phones use is strictly forbidden in my classes and exams.