

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2025

PE1210 (A3): 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:	Erin Post	PHONE:	780-539-2875
OFFICE:	K216	E-MAIL:	epost@nwpolytech.ca
OFFICE HOURS:	By appointment		

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	Feb 25, in class	15%
Labs	Due the night before next lab @ 11:59 pm	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 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: 4:00 – 5:20 pm (J202 unless otherwise noted)

Labs in L123: (L1) Wed 10:00 – 10:50 am, (L2) Friday 10:00 – 10:50 am, and (L3) Friday 11:00 – 11:50 am

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

	Tuesday Lecture	Thursday Lecture	Labs
Jan 6-10	Introduction	Health & Fitness	Weight Rm. 101
Jan 13-17	Health & Fitness	Health & Fitness	Meditation
Jan 20-24	Lifestyle Factors	Chronic Diseases	RHR/RBP
Jan 27-31	Chronic Diseases	Stress	Pre-Screening
Feb 3-7	Pre-Screening	Behaviour Modification	Goal Setting
Feb 10-14	Behaviour Modification	Evaluating Sources	No Lab
Feb 17-21	READING WEEK - NO CLASSES		
Feb 24-28	Midterm Exam	Fitness Testing	Fitness Testing (Gym)
Mar 3-7	Body Composition	Physiological Responses	Body Composition
Mar 10-14	Physiological Responses	Aerobic Fitness	Aerobic Training (Fitness Center)
Mar 17-21	Aerobic Fitness	Resistance Training	Interval Training (Fitness Studio)
Mar 24-28	Resistance Training	Resistance Training	Resistance Training (Fitness Studio)
Mar 31-Apr 4	Using Resources	Flexibility	Stretching (Fitness Studio)
Apr 7-11	Evaluating Exercise Plans	Final Project	Make-Up Lab* (Fitness Studio)

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

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>.