

Kinesiology and Health Sciences

COURSE OUTLINE –Spring 2025

PE1210 (EC): Introduction to Personal Physical Fitness – 3 (3-0-1) 60 Hours for 8 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:	780-539-2785
OFFICE:	K216	E-MAIL:	epost@nwpolytech.ca
OFFICE HOURS:	By appointment, via Zoom or Teams available		

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 MATERIALS: Reading materials or links are available on myClass. To complete this course, students must have access to computer with a webcam and reliable internet connection. Technological support is available through:
<https://www.nwpolytech.ca/students/techsupport/index.html>

Exams:

Students are responsible for all fees associated with ProctorU, a live proctoring service for online exams. Fees are paid when you schedule your exams through ProctorU.

Pricing per exam is as follows:

60 minutes or less – \$16 USD

61–120 minutes – \$25 USD

121 – 180 minutes – \$31 USD

DELIVERY MODE(S): Self-directed engagement in learning content which includes: readings, PowerPoint presentations, learning activities (some learning activities include exercise), quizzes, and assignments.

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 the transferability of this course at the Alberta Transfer Guide main page

<http://www.transferalberta.alberta.ca>.

** For courses with alpha (letter) grading, a 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:

Weekly Assessments	Thursdays @ 11:59pm	50%
<i>Details and schedule are available on myClass.</i>		
Quizzes		
Assignments		
Learning Activities**		

Note: Learning activities will require a video submission of you completing the exercise-based activity. To ensure academic integrity, at the start of each video you need to face the camera and hold up a photo-based ID (e.g. student ID card with a picture).

Final Project:	Friday June 27 @ 11:59pm	20%
<i>Details are available on myClass.</i>		
Exercise Prescription Assignment		
Final Exam	By June 27 @ 11:59pm	30%
Total		100%

GRADING CRITERIA:

Please note that most institutions 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:

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Week 1: Health and Fitness	Due May 8 @ 11:59pm
Week 2: Chronic Disease	Due May 15 @ 11:59pm
Week 3: Pre-Screening	Due May 22 @ 11:59pm
Week 4: Physiological Responses to Exercise	Due May 29 @ 11:59pm
Week 5: Fitness Assessment	Due June 5 @ 11:59pm
Week 6: Aerobic Training	Due June 12 @ 11:59pm
Week 7: Resistance Training	Due June 19 @ 11:59pm
Week 8: Final Project & Final Exam	Due June 27 @ 11:59pm (Friday)

STUDENT RESPONSIBILITIES:

- As this is an online course, it is imperative that you plan time to work on the course regularly. If you fall behind it will be difficult to catch up. You are responsible for completing all assignments, exams, discussions, and learning activities through the week and reviewing slides, and readings posted on myClass.
- Instructions for all evaluations will be provided on myClass, including due dates and grading criteria.
- Learning activities, assignments and quizzes must be completed by the due date. No extensions will be granted unless documentation can be provided for medical or family emergencies.
- Assignments will be deducted 10% for late submissions for up to 3 days. After 3 days, late submissions will not be accepted unless documentation can be provided for medical or family emergencies.
- If you have a significant issue or concern (e.g. illness or family emergency), contact your instructor as soon as possible.
- AI use will not be permitted during closed-book exams. Consulting AI in this context will be considered equivalent to asking a neighboring student for the answer or copying their work, both of which are academic misconduct.
- When working on a lab, project, or essay, generative AI can be used for cited idea generation. That means it can give you ideas, but it is your responsibility to identify the source of the ideas, as well as their veracity, by doing your independent research and verification. Without exception, the source of the ideas must be cited.

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.



USING PROCTORU:

This course uses ProctorU Live for online exams. To utilize this service, you are required to complete the following steps:

- Create a ProctorU account by clicking the ProctorU link in the course.
- Download and install the Guardian Web Browser, Google Chrome, and the ProctorU extension.
- Schedule each exam at least 3 days (72 hours) in advance. If you miss this deadline, you cannot take the exam.
- Pay for the proctoring service. The fees are exclusively your responsibility and in no event shall be the responsibility of Northwestern Polytechnic.

For more detailed instructions [click here](#), and for video instructions [click here](#).

Before each exam, you must complete a room scan with your web camera, during which you will show your surroundings to a live proctor.

The invigilator will ask to view (but not collect or store) your student identification to verify your identity and will remotely access your computer to unlock the exam. When monitoring your actions via video streaming, the invigilator may possibly record your actions if they suspect academic integrity behavioural issues. You will be verbally notified if/when recording begins.

The collection of and access to the personal information listed above is permitted under subsection 33(c) of the *Freedom of Information and Protection of Privacy Act*, RSA 2000, c F-25, which states, "No personal information may be collected by or for a public body unless that information relates directly to and is necessary for an operating program or activity of the public body." In addition, subsection 39(4) states, "A public body may use personal information only to the extent necessary to enable the public body to carry out its purpose in a reasonable manner."

Records Retention: Any video records of you created by ProctorU will be kept by ProctorU for a maximum of 7 days in order to make a decision about any possible academic integrity infraction, after which time it shall be permanently deleted. All other personal information collected and stored by ProctorU within your profile account will be permanently deleted if the account has not been used after one year.

Consent to Store Personal Information Outside Canada

ProctorU is an American company. An agreement is in place between ProctorU and Northwestern Polytechnic by which ProctorU will take reasonable steps to protect



your personal information from unauthorized access and disclosure. Information about how ProctorU protects your privacy can be found in their [Privacy Policy](#).

By using the ProctorU service via Northwestern Polytechnic, you consent to the storage of and access to your personal information outside of Canada.

This consent is in effect from the day you register with ProctorU and expires one year after completion of your exam.

Additional privacy and liability information regarding the use of ProctorU is available on the NWP website.