

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2026

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.

INSTRUCTOR: Erin Post
OFFICE: K216
OFFICE HOURS: By appointment

PHONE: 780-539-2785
E-MAIL: epost@nwpolytech.ca

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. (2025) *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, 7th 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 health span, 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:

Labs and Participation	Throughout the semester	10%
Assignments (Vision Board, Nutrition & Physical Activity)	Sundays @ 11:59 pm	30%
Chapter Quizzes	Throughout the semester	15%
Wellness Bingo	Apr 5 @ 11:59 pm	15%
Wellness Journal	April 10 @ 11:59 pm	10%
Final Exam	TBD (Apr 16-23, 2025)	20%
TOTAL		100%

#Work is done in groups.

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
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:

Lectures: Wednesday & Friday 1:00 – 2:20 pm (J204)*

Labs: Friday 10:00 am – 10:50 am (L123, or other locations as posted in myClass)*

**Locations listed are the typical location for this class. Double-check your announcements in myClass prior to class!*

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

Jan 7 & 9	Jan 7 - Course Introduction & Dimensions of Wellness, BINGO introduced Jan 9 - Intro to Wellness, Fitness, and Lifestyle Management (Ch 1)	
Jan 14 & 16	Jan 14 - Basic Principles of Physical Fitness (Ch 2) Jan 16 - Wellness Vision, Goal Setting	
Jan 21 & 23	Stress Management and Sleep (Ch. 10) & Substance Use and Misuse (Ch. 13)	Vision Board Assignment Due
Jan 28 & 30	Nutrition (Ch. 8)	
Feb 4 & 6	Cardiovascular Health and Diabetes (Ch. 11)	Nutrition Assignment Due
Feb 11 & 13	Cardiorespiratory Endurance (Ch 3)	
FALL BREAK (Feb 16-20)		
Feb 25 & 27	Muscular Strength & Endurance (Ch. 4)	
Mar 4 & 6	Flexibility & Low Back Health (Ch. 5)	
Mar 11 & 13	Putting Together a Complete Fitness Program (Ch. 7)	
Mar 18 & 20	Body Composition (Ch. 6)	Physical Activity Plan Due
Mar 25 & 27	Weight Management (Ch. 9)	
Apr 1 & 3	Apr 1 - Cancer (Ch 12) Apr 3 – GOOD FRIDAY, NO CLASS	Wellness BINGO Due
Apr 8 & 10	Sexual Wellness (Ch. 14) & Wellness for Life (Ch. 15)	Wellness Journal Due

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.

ATTIRE: On any days we are active, you must wear indoor only, non-marking, athletic shoes. Crocs, Birkenstocks, boots, and other non-athletic or outdoor footwear is not permitted for your safety and to protect our gymnasium floors.

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. 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 (780-539-2785) 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 & ETTIQUETTE: 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. Professionalism and etiquette are also evident in your use of technology in the classroom. Please ensure your devices are not a source of distraction or detracting in the classroom. Earbuds should not be worn during class unless there is supporting documentation from Accessibility Services.

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>.

If consent to use AI is not specified in the assignment instructions, assume it is not permitted in any form. Proper use of AI will be discussed on a per-assignment basis. If you are unsure what is appropriate, it is your responsibility to consult with your instructor prior to submitting your work. Your work may be challenged verbally by the instructor to confirm knowledge and understanding of the material submitted in an 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.

INFORMED CONSENT FOR PARTICIPATION IN PHYSICAL ACTIVITY



This course includes physical activity, exercise, and/or fitness assessments as part of its learning and evaluation components. By enrolling in this course, you acknowledge and accept the following:

- You may be asked to participate in physical activity sessions, which include aerobics and/or musculoskeletal training.
- While the risk is minimal, physical activity may involve potential adverse effects such as episodes of transient lightheadedness, loss of consciousness, abnormal heart rate and/or blood pressure, chest discomfort, leg cramps, nausea). You voluntarily assume these risks.
- You are responsible for promptly informing your instructor(s) of any pain, discomfort, fatigue, or other symptoms experienced during or within 48 hours of the course session.
- You must disclose any health conditions that could be affected by physical activity. The instructor(s) will make reasonable modifications, where appropriate, and may request documentation from a qualified health professional.