

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2026

PE1210 (A2): 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:	780-539-2785
OFFICE:	K216	E-MAIL:	epost@nwpolytech.ca
OFFICE HOURS:	By appointment		

LAB INSTRUCTOR:	Marilee Nugent	Phone:	780-539-2917
Office:	K219	E-mail:	mnugent@nwpolytech.ca

FRIDAY L1 (10:30 – 11:20 am) & L2 (11:30 am – 12:20 pm)

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	Tues, Oct 13, in class	20%
Labs	Due the night before next lab @ 11:59 pm	30%
Classroom Assignments	Varies @ 11:59pm on due dates	20%
Final Exam	TBD (120 minutes)	30%
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
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: 1:00 – 2:20 pm (D208)

Labs in L123 (unless otherwise noted): (L1) Friday 10:30 – 11:20 am OR (L2) Friday 11:30 am – 12:20 pm

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

	Tuesday Lecture	Thursday Lecture	Labs (Fridays)
Sept 3	-	Introduction	Weight Rm. 101 (Fitness Center)
Sept 7-11	Health & Fitness	Health & Fitness	RHR/RBP (L123)
Sept 14-18	Lifestyle Factors	Pre-Screening	Pre-Screening (L123)
Sept 21-25	Body Composition	Chronic Diseases	Body Composition (L123)
Sept 28 - Oct 2	Chronic Diseases	Fitness Testing	Fitness Testing (Gym)
Oct 5-9	Behaviour Modification	Behaviour Modification	Goal Setting (L123)
Oct 12-16	Midterm Exam	Stress	Meditation (L123)
Oct 19-23	Flexibility	Physiological Responses	Stretching (Fitness Studio)
Oct 26-30	Physiological Responses	Aerobic Fitness	Aerobic Training (Fitness Center)
Nov 2-6	Aerobic Fitness	Resistance Training	Interval Training (Fitness Studio)
Nov 9-13	FALL BREAK - NO CLASSES		
Nov 16-20	Evaluating Sources	Resistance Training	Resistance Training (Fitness Studio)
Nov 23-27	Using Resources	Resistance Training	Make-Up Lab* (Gym & Fitness Studio)
Nov 30 - Dec 4	Evaluating Exercise Plans	Evaluating Exercise Plans	No Lab/No gym
Dec 7-11	Case Studies	-----	-----
	Final Exams: Dec 12-19		

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

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 in the gymnasium, 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. Any student who misses 3 or more labs 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 (780-539-2785) 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: 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, interaction with guests, determination to achieve first-class work while meeting deadlines, and constructive response to criticism. Ear buds are not to be worn in 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>.

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.

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. If a cell phone must be used, students may step outside the room to use the device and return when finished.

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.