

# **GRANDE PRAIRIE REGIONAL COLLEGE**

**OFFICE ADMINISTRATIVE TECHNOLOGY DEPARTMENT  
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY**

## **OA 2260 ACTIVE LIVING AND WELLNESS** **COURSE OUTLINE**

**Mondays** in *Rm J229* + T.B.A. **Wednesday** in *Gym* + T.B.A. **1:00 -2:20 pm**

**INSTRUCTOR: Mr. CHRIS NICOL**

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**PURPOSE** : To promote health, recreation and wellness within the college community.

### **COURSE OBJECTIVES**

- To promote healthy choices for a healthy lifestyle.
- To increase awareness of the need for an active, healthy lifestyle.
- To provide students with basic knowledge necessary to make healthy lifestyle choices.
- To provide students with basic “how to” skills for incorporating a personal health and wellness plan into their daily lives.
- To provide students opportunities to participate in a variety of activities, thereby incorporating moderate exercise into their daily lives.

### **REQUIRED TEXT**

There is no required text for this course. Readings may be assigned periodically and will be provided by the instructor.

### **EVALUATION**

**Class Attendance, Participation and Activity Completion: 100%**

Attendance and active participation are basic requirements of this course.

A course summary document along with short assignment activities will complete the academic portion of the course.

In the event that a student misses class time and would like the opportunity to improve their mark, a series of assignments is available.

A maximum of three (3) classes can be made up at one assignment per absence.

### **COURSE CONTENT**

Basic fitness and wellness concepts will be covered. The activities schedule will be partially determined by the class participants. Activities will be conducted both on and off campus. Walking sessions will be built into most on campus days.

**NOTES:** Students must have attire and footwear appropriate to the activity.

Transportation to and from activities is the responsibility of the student

There is a firm ‘No Smoking’ policy during class time