



**GRADING CRITERIA:**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

**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.

## **STATEMENT ON PLAGIARISM AND CHEATING:**

Refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

\*\*Note: all Academic and Administrative policies are available on the same page.

## **COURSE SCHEDULE**

### **LECTURES:**

Mondays: 1:00-2:20 pm + TBA

Wednesdays: 1:00-2:20pm + TBA

### **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.