

Grande Prairie Regional College
Office Administration Department

Course Outline
OA 2260
Active Living and Wellness

I. GENERAL INFORMATION:

Instructor: Laura Hancharuk Office: M101 Phone: 539-2816

Lecture: Tuesdays 2:30-3:20pm Room A203

Lab: Thursdays 2:30-4:20pm Gymnasium

II. PURPOSE:

To promote health, fitness, recreation and wellness in the college community.

III. COURSE OBJECTIVES:

1. To increase the awareness of the need for an active, healthy lifestyle.
2. To provide the students with a basic knowledge necessary to make healthy choices regarding their lifestyles.
3. To provide the students with basic "how to" skills for incorporating a personal health and fitness plan into their daily routine.

IV. REQUIRED TEXT:

There is no required text for this course, however, readings may be assigned occasionally. These readings will be provided by the course instructor.

V. MARK BREAKDOWN:

Class Attendance: 100%

Attendance and active participation are fundamental requirements to this course, class participation will be taken into consideration for your final mark.

In the event that a student misses a number of classes and would like the opportunity to improve their mark at the end of the term, a voluntary exam will be held based upon your lecture notes and handouts.