

DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2023

PE1100 (A2): Personal health and wellness – 3 credits (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:	Alexander Villafranca, Ph.D.	PHONE:	780-539-2971
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OFFICE HOURS:	By appointment		

CALENDAR DESCRIPTION:

This course is an individual-based analysis of physical fitness and personal health and wellness. The emphasis is on managing your own lifestyle for health and well-being.

REQUIRED TEXT/RESOURCE MATERIALS:

- Readings as specified below. These will be available on D2L/ Myclass.

DELIVERY MODE(S):

This course will involve lectures, case studies, online activities, tests, labs, and group discussion. All students should have a computer or smartphone for classroom activities. In class use of an NWP laptop can be arranged in advance, if required. Technological support is available through helpdesk@nwpolytech.ca.

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 healthspan, 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.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:

Task	Percent of final mark
Lab assignments	15%
Lab participation	5%
Class participation	5%
Midterm	15%
Assignments	30%
Final exam	30%

Assignments will be graded using a combination of criterion-referenced and norm-referenced grading. Further details regarding the assignments and tests will be provided during the lectures.

GRADING CRITERIA:

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	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: W & F, 1:00-2:20pm

Labs:

M, 11:30am-12:20pm

This course will cover 5 key dimensions of wellness (physical, psychological, interpersonal, intellectual, spiritual), with a special emphasis on physical wellness. The instructor reserves the right to alter the pace, scope, and/or breadth of the topics covered to facilitate student learning and to cohere with the natural flow of class discussions.

Wk.	Date	Lecture topic
W1	Sept 6	Introduction to wellness & health
W1	Sept 8	<i>Physical</i> health and wellness pillar 1: Exercise
W2	Sept 13	Zooming in on aerobic exercise
W2	Sept 15	Zooming in on strength training
W3	Sept 20	Zooming in on pre-habilitation (stretching, mobility, proprioceptive training, muscle balance training)
W3	Sept 22	<i>Physical</i> health and wellness pillar 2: Nutrition (part A)
W4	Sept 27	<i>Physical</i> health and wellness pillar 2: Nutrition (part B)
W4	Sept 29	<i>Physical</i> health and wellness pillar 3: Sleep
W5	Oct 4	<i>Physical</i> health and wellness pillar 4: Hygiene and avoiding communicable diseases
W5	Oct 6	Special topic: Preventing non-communicable disease and expanding healthspan
W6	Oct 11	Special topic: Increasing lifespan and slowing biological aging
W6	Oct 13	Introducing psychological health and its relationship to brain functioning and structure
W7	Oct 18	<i>Psychological</i> health and wellness pillar 1: Developing healthy cognitive appraisals
W7	Oct 20	<i>Psychological</i> health and wellness pillar 2: Developing healthy coping strategies and becoming resilient
W8	Oct 25	Zooming in on meditation
W8	Oct 27	<i>Psychological</i> health and wellness pillar 3: Developing a realistic and positive view of yourself
W9	Nov 1	<i>Psychological</i> health and wellness pillar 4: Identifying and cultivating character strengths and virtues
W9	Nov 3	Test
W10	Nov 8	<i>14. Interpersonal</i> health and wellness pillar 1: Recognizing the earmarks of healthy

		and unhealthy dyadic relationships
W10	Nov 10	15. <i>Interpersonal</i> health and wellness pillar 2: Setting healthy boundaries; balancing individuality with interdependence in dyadic relationships
W11	Nov 15	Fall break
W11	Nov 17	Fall break
W12	Nov 22	16. <i>Interpersonal</i> health and wellness pillar 3: Communicating and managing conflict in a healthy way
W12	Nov 24	17. Spiritual wellness 1- Understanding the elements and benefits of spirituality
W13	Nov 29	18. Spiritual wellness 2- Practicing spirituality- from contemplation to altered states of consciousness
W13	Dec 1	19. Spiritual wellness 3- Finding meaning in life
W14	Dec 6	20. Intellectual wellness pillar 1- Developing the ability to think creatively and critically
W14	Dec 8	21. Intellectual wellness pillar 2: Enhancing cognitive abilities

Labs

In person attendance at labs is mandatory. Each unexcused absence will result in a 10% reduction from the final lab mark. Students who miss 3 or more labs without permission will be unable to sit for the subsequent exams and will receive a zero for subsequent assignments.

Lab schedule
W1 Sept 4: No lab due to Labour day
W2 Sept 11: Fitness Assessment 1
W3 Sept 18: Endurance training
W4 Sept 25: Resistance training
W5 Oct 2: Pre-habilitation (injury prevention)
W6 Oct 9: Nutrition lab- Thanksgiving- to be reviewed independently that week
W7 Oct 16: Behavior change
W8 Oct 23: Stress management & coping
W9 Oct 30: Developing character strengths
W10 Nov 6: Meditation
W11 Nov 13: Fall break
W12 Nov 20: Values & finding meaning in life
W13 Nov 27: Communication
W14 Dec 4: Fitness assessment 2 (retest)
W15 Dec 11: No lab

STUDENT RESPONSIBILITIES:

- Students are required to come to class prepared
- Regular attendance is critical to succeed in this class. Students should contact the instructor in advance if they are unable to attend.
- **Any student who misses 8 or more classes or 3 or more labs without approval will be unable to sit for subsequent assessments due to truancy.**
- If a student misses tests for medical reasons, a doctor's note must be provided
- Late assignments will be deducted 10% per day submitted past the deadline
- Assignment details will be provided on D2L

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>.

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

POLICY ON RECORDING TEACHING ACTIVITIES:

Students may not record classroom activities (such as lectures, group activities, group presentations delivered in class, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

COPYRIGHT NOTIFICATION:

Any course material created by your instructor is his intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.