

DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2023

PE1100 (A3): Personal health and fitness – 3 credits (3-0-1) 75 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.

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|------------------------|------------------------------|----------------|--|
| INSTRUCTOR: | Alexander Villafranca, Ph.D. | PHONE: | 780-539-2971 |
| OFFICE: | K220 | E-MAIL: | avillafranca@nwpolytech.ca erinpost@hotmail.com |
| LAB INSTRUCTOR: | Erin Post | | |
| 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 will be freely available and uploaded to 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.

COURSE OBJECTIVES:

1. To develop a knowledge and understanding of the basic concepts of wellness, health promotion, active living, physical fitness and nutrition.
2. To develop a personal plan for living a healthy, well-balanced life.
3. To identify health and fitness as resources and major components in achieving quality of life.
4. To develop an awareness of the function of various public and private agencies in promoting health within the community.

LEARNING OUTCOMES:

1. To construct a personal fitness and wellness plan.
2. To build a healthy nutrition plan.
3. To identify sources of stress and implement a stress management plan.
4. To know the differences between health-related and fitness-related physical activity programs.
5. To recognize the effects of sedentary lifestyles, poor nutrition, stress and destructive habits on chronic diseases such as heart disease, obesity, cancer, diabetes, etc.
6. To recognize sexuality and how it applies to health and wellness.

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 | Due date | Percent of final mark |
|---|---|------------------------------|
| Lab assignments | Half due midway through term, half due at end of term | 15% |
| Class participation (5% lab, 5% lecture) | Ongoing | 10% |
| Midterm | March 6 th /2023 | 15% |
| Assignment 1- Nutrition plan | Feb 20 th /2023 | 10% |
| Assignment 2- Exercise plan | March 30 th /2023 | 10% |
| Assignment 3- Stress management plan | Feb 28 th /2023 | 10% |
| Final exam | To be announced (exam period occurs in April) | 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: M 11:30-12:50****F 10:00-11:20****Labs:****T 11:30-12:20**

This course will cover the 6 key dimensions of wellness (i.e. physical, psychological, interpersonal, intellectual, environmental, and spiritual), while placing 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 | Jan 6 | 1. Introduction to wellness & health |
| W2 | Jan 9 | 2. <i>Physical</i> health and wellness pillar 1: Exercise |
| W2 | Jan 13 | 3. Zooming in on aerobic exercise |
| W3 | Jan 16 | 4. Zooming in on strength training |
| W3 | Jan 20 | 5. <i>Physical</i> health and wellness pillar 2: Nutrition (part A) |
| W4 | Jan 23 | 6. <i>Physical</i> health and wellness pillar 2: Nutrition (part B) |
| W4 | Jan 27 | 7. <i>Physical</i> health and wellness pillar 3: Sleep |
| W5 | Jan 30 | 8. <i>Physical</i> health and wellness pillar 4: Hygiene and avoiding communicable diseases |
| W5 | Feb 3 | 9. <i>Psychological</i> health and wellness pillar 1: Developing healthy cognitive appraisals |
| W6 | Feb 6 | 10. <i>Psychological</i> health and wellness pillar 2: Developing healthy coping strategies and becoming resilient |

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| W6 | Feb 10 | 11. Zooming in on meditation |
| W7 | Feb 13 | 12. <i>Psychological</i> health and wellness pillar 3: Developing a realistic and positive view of yourself |
| W7 | Feb 17 | 13. <i>Psychological</i> health and wellness pillar 4: Identifying and cultivating character strengths and virtues |
| W8 | Feb 20 | Winter break |
| W8 | Feb 24 | Winter break |
| W9 | Feb 27 | 14. <i>Interpersonal</i> health and wellness pillar 1: Understanding relationship types and recognizing the earmarks of healthy and unhealthy relationships |
| W9 | March 3 | 15. <i>Interpersonal</i> health and wellness pillar 2: Setting healthy boundaries; balancing individuality with interdependence in dyadic relationships |
| W10 | March 6 | Midterm |
| W10 | March 10 | 16. <i>Interpersonal</i> health and wellness pillar 3: Communicating and managing conflict in a healthy way |
| W11 | March 13 | 17. Spiritual wellness introduction- Understanding the elements and benefits of spirituality |
| W11 | March 16 | 18. Spiritual wellness pillar 1- Engaging in spiritual practices |
| W12 | March 20 | 19. Spiritual wellness pillar 2- Finding meaning in your life |
| W12 | March 24 | 20. Environmental wellness: Being situationally aware and keeping yourself safe |
| W13 | March 27 | 21. Intellectual wellness pillar 1- Developing the ability to think creatively and critically |
| W13 | March 31 | 22. Intellectual wellness pillar 2: Enhancing your cognitive abilities |
| W14 | April 3 | 23. Intellectual wellness pillar 3: Developing wisdom and making good decisions |
| W14 | April 7 | No classes- Good Friday |
| W15 | April 10 | No class |

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 required to withdraw from the course due to truancy.

Lab schedule

W1 Jan 3: No lab

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| W2 Jan 10: Introduction, wellness assessment 1, experiencing aerobic exercise |
| W3 Jan 17: Fitness Assessment 1 (physical wellness 1) |
| W4 Jan 24: Weight room tour (physical wellness 2) |
| W5 Jan 31: Behavior change |
| W6 Feb 7: Grocery store tour (physical wellness 4) |
| W7 Feb 14: Stress management & coping (psychological wellness 1) |
| W8 Feb 21: Winter break |
| W9 Feb 28: Developing character strengths (psychological wellness 2) |
| W10 March 7: Meditation (psychological wellness 3) |
| W11 March 14: Values & finding meaning in life (spiritual wellness) |
| W12 March 21: Communication (interpersonal wellness) |
| W13 March 28: Fitness assessment 2 (retest), wellness assessment (retest) |
| W14 April 4: No lab |
| W15 April 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 7 or more classes or 3 or more labs without approval will be required to withdraw from the class 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 PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found 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. 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.