



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – Winter 2018**

PE1100 (A3): Personal Health and Fitness – 3 (3-0-1) UT 60 Hours

INSTRUCTOR: Lorelle Warr (lectures) **PHONE:** 780-539-2978
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OFFICE HOURS: By appointment or drop in.

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.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Insel, P. M., Roth, W. T., Burke, S., & Irwin, J. D. (2016). *Connect core concepts in health*. Mississauga, ON: McGraw Hill Education.

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, assignments and activity labs.

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 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:

UA, UC, UL, AU, AF, CU, CUC, GMU, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2>)

**** 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:

Lab Books (20%)

- Labs need to be handed in in a duotang. Labs handed in a binder, folder, or as a stack of paper (stapled or unstapled) will not be accepted. See schedule, below, for due dates.

Participation - Lecture (5%)

- Participation includes active listening, engaging in class discussion, participation in class activities, and note taking. Students will be deducted participation marks for talking to their neighbors or being on their phones. It is the responsibility of the student to take an active role in his/her learning.

Presentation (10%)

- This is a group presentation. Specific requirements and topics will be discussed at the start of the semester. APA referencing required. Schedule will be posted on Moodle.

Assignment (15%)

- The details of these assignment will be discussed in class and will be posted on Moodle. APA format and referencing required. See schedule, below, for due dates.
 - Exercise Plan
 - Nutrition Plan
 - Stress Management Plan

Mid-term Exams (10% each = 20%)

- In class on February 5, 2018 and March 14, 2018

Final Exam (30%)

- TBA in the gym

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-“ IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

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:

Tuesdays / Thursdays 2:30 – 3:50 pm Lectures J229
Fridays 12:00 – 12:50 pm Labs Gymnasium or J229

Classroom	Chapter(s) from Textbook	Labs
Week 1: Jan. 8 & 10	Introduction/Ch. 1: Taking Charge of Your Health Ch. 6: Exercise for Health and Fitness	Jan. 12 Fitness Assessment (Gym)
Week 2: Jan. 15 & 17	Strength Training Principles	Jan. 19 Posture/Flexibility (Gym)
Week 3: Jan. 22 & 24	Ch. 5: Nutrition Basics Ch. 4: Weight Management	Jan 26. Nutrition lab (J229)
Week 4: Jan. 29 & 31	Ch. 7: Cardiovascular Health Chronic Diseases	Feb. 2 Interval Training (Gym)
Week 5: Feb. 5 & 7	Midterm 1 Ch. 15: Alcohol Use and Alcoholism /Ch. 14: Drug Abuse and Addition (AHS)	Feb. 9 Blood Pressure (J229)
Week 6: Feb. 12 & 14	Ch. 16: Tobacco Use Ch. 3: Stress: The Constant Challenge	Feb. 16 – Lab Books Due Stress Management (J229)
Week 7: Feb. 19 & 21	Winter Break	Feb. 23 No Lab
Week 8: Feb. 26 & 28	Ch. 2: Psychological Health (Psychologist) – Nutrition Plan Due Student Presentations	Mar. 2 Stress Management (J229)
Week 9: Mar. 5 & 7	Ch. 10: Healthy Relationships and Communication (Odyssey House)	Mar. 9 Communication (J229)

	Ch. 11:Healthy Sexuality (PACE)	
Week 10: Mar. 12 & 14	Ch. 8: Pregnancy and Childbirth Midterm 2	Mar. 16 Sleep Hygiene (J229)
Week 11: Mar. 19 & 21	Ch. 18: Sexually Transmitted Diseases (HIV) – Stress Management Plan Due Ch. 17: Immunity and Infection	Mar. 23 Fitness Assessment (Gym)
Week 12: Mar. 26 & 28	Ch. 20: Conventional and Complementary Medicine (Review Board) Ch. 21: Personal Safety – Exercise Plan Due	Mar. 30 No Lab
Week 13: Apr. 2 & 4	Ch. 22: Aging: A Vital Process Ch. 23: Dying and Death	Apr. 6 Lived Experiences (J229)
Week 14: Mar. 9 & 12	Student Presentations Review – Lab Books Due	Dec. 1 No Lab

STUDENT RESPONSIBILITIES:

- **Students must complete all assignments and examinations in order to receive a passing grade in this course. Failure to do so will result in an incomplete (IN) grade which may result in a failing (F) grade.**
- **All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.**
- **All assignments are expected to be submitted on the due date at the start of class. Late assignments will be deducted 10% if not handed in at the start of class on the due date and an additional 20% per day it is late.**
- **Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.**
- **Most classes will have required materials to review on Moodle before class. It is expected that you will review materials in advance so you can fully participate in class activities and discussions. If students are not prepared for class, pop quizzes may be given to ensure adequate preparation. Many activities in class will require active participation so be prepared to be involved!**
- **Attendance to labs are mandatory. Only excused absences will be able to make up the lab. This needs to be discussed prior the absence, if sick and unable to attend an email is required prior to the start of lab and a Doctor's note needs to be produced before the lab can be completed.**

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 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/**

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