



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – Winter 2020
PE1100 (A3): Personal Health and Fitness – 3 (3-0-1) UT 60 Hours

INSTRUCTOR: Seb Fontaine (lectures and labs) **PHONE:** 780-539-2978
OFFICE: K220 **E-MAIL:** sfontaine@gprc.ab.ca
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). *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:

<p>Lab Books (15%) Labs sheets need to be submitted in a duo-tang (whole punched and secured in the duo-tang). Labs submitted in a binder, folder, or as a stack of paper (stapled or unstapled) will not be accepted.</p>	<p>February 24, 2020 and April 8 2020</p>
<p>Presentation (15%) This is a group presentation. Specific requirements will be discussed at the start of the semester. APA referencing required. Schedule will be posted on Moodle</p>	<p>See Schedule on Moodle</p>
<p>Assignment (20%) Nutrition Plan Stress Management Plan Exercise Plan The details of these assignments will be discussed in class and posted on Moodle. APA format and referencing required.</p>	<p>February 24, 2020 March 16, 2020 March 30, 2020</p>
<p>Mid-term Exams (10% each) The first Midterm will cover content covered from the start of class up to the lecture prior to the first Midterm. The second Midterm will cover content from the first Midterm up to the lecture prior to the second Midterm</p>	<p>February 5, 2020 and March 11, 2020</p>
<p>Final Exam (30%) The final written exam will cover material presented throughout the course with an emphasis on content covered after the second Midterm</p>	<p>TBD</p>

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:

Mondays / Wednesdays 10:00 – 11:20 am

Lectures: J227

Fridays

1:00 – 1:50 pm

Labs: Location in Schedule

	Chapter(s) from Textbook	Labs
Week 1: Jan. 8	Introduction and Ch. 1: Taking Charge of Your Health	Jan. 10 No lab
Week 2: Jan. 13 & 15	Ch. 6: Exercise for Health and Fitness Ch. 7: Cardiovascular Health	Jan. 17 Fitness Assessment (Gym)
Week 3: Jan. 20 & 22	Strength Training Principles Strength Training Principles	Jan. 24 Weight room tour (Weight room)
Week 4: Jan. 27 & 29	Ch. 5: Nutrition Basics Ch. 4: Weight Management	Jan. 31 Nutrition lab (J202)
Week 5: Feb. 3 & 5	Chronic Diseases Midterm 1 (Feb. 5, 2020)	Feb. 7 Posture (M121)

Week 6: Feb. 10 & 12	Ch. 3: Stress: The Constant Challenge Ch. 15: Alcohol Use and Alcoholism /Ch. 14: Drug Abuse and Addition (AHS)	Feb. 14 Blood Pressure (J202)
Week 7: Feb. 17 & 19	Winter Break	Feb. 21 No Lab
Week 8: Feb. 24 & 26	Nutrition Plan Due (February 24, 2020) Ch. 16: Tobacco Use - Lab Books Due (February 24, 2020) Ch. 2: Psychological Health (Psychologist) –	Feb. 28 Stress Management (J202)
Week 9: Mar. 2 & 4	Ch. 10: Healthy Relationships and Communication (Odyssey House) Ch. 18: Sexually Transmitted Diseases (HIV)	Mar. 6 Stress Management (M121)
Week 10: Mar. 9 & 11	Ch. 11: Healthy Sexuality (PACE) Midterm 2 (March 11, 2020)	Mar. 13 Communication (J202)
Week 11: Mar. 16 & 18	Stress Management Plan Due (March 16, 2020) Student presentations Ch. 8: Pregnancy and Childbirth	Mar. 20 Sleep Hygiene (M121)
Week 12: Mar. 23 & 25	Ch. 17: Immunity and Infection Ch. 20: Conventional and Complementary Medicine (Review Board)	Mar. 27 Fitness assessment
Week 13: Mar. 30 & Apr. 1	Exercise Plan Due (March 30, 2020) Ch. 22: Aging: A Vital Process Ch. 23: Dying and Death	Apr. 3 Lived Experiences (J202)
Week 14: Apr. 6 & 8	Student Presentations Review – Lab Books Due (April 8, 2020)	Apr.10 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, at the Lab Instructor's discretion. 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.