



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – Winter 2017**

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

INSTRUCTOR: Chris Watson (lectures) **PHONE:** 780-539-2972
Lorelle Kerik (labs)
OFFICE: K216 **E-MAIL:** cwatson@gprc.ab.ca
OFFICE HOURS: Tuesday/Thursday – 10:00 am – 11:00 am or by appointment

CALENDAR DESCRIPTION:

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

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Hoeger, W. W. K., Hoeger, S. A. and Lauzon, L. (2009). Principles and labs for fitness and wellness (1st Canadian edition), Toronto, ONT: Nelson

DELIVERY MODE(S): Classroom lectures 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.

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, BU, 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:

Midterm - Feb. 15th	20%
Labs/Workbook #1 due Feb. 17th	10%
Labs/Workbook #2 due Apr. 12th	20%
Project/Presentations – March 20th	20%
Final – Date TBA	30%

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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:

Tuesdays / Thursdays	10:00 – 11:20 am	Lectures	J203
Fridays	8:30 – 9:20 am	Labs	Gymnasium or J201

TENTATIVE TIMELINE:

<u>Classroom</u>	<u>() Chapters from textbook</u>	<u>Labs</u>
<u>Week 1 – Jan 9/11</u>		
Introduction to Wellness and Fitness (1)		1A, 1B - (J201)
<u>Week 2 – Jan. 16/18</u>		
Behaviour Modification (2) Exercise Issues/Principles (9)		Fitness Assessment (Gym)
<u>Week 3 –Jan. 23/25</u>		
Nutrition (3)		Food Labels (J201)
<u>Week 4 – Jan. 30/Feb. 1</u>		
Physical Literacy		9A - Skills Testing (Gym)
<u>Week 5 – Feb. 6/8</u>		
Cardiorespiratory Fitness (6)		Interval Training (Gym)
<u>Week 6 – Feb. 13/15 (Lab workbook due Friday Feb.17th)</u>		
Flexibility, Posture, Back Care (8) and Midterm Test (Feb.15)		8B –Posture (Gym) 8C – Flexibility (Gym)
<u>Week 7 – Feb. 20 – 24</u>		
NO CLASSES – Reading Week		
<u>Week 8 – Feb. 27/Mar. 1</u>		
Muscular Strength & Endurance (7)		Progressive Relaxation (J201) 10A,10B,10D
<u>Week 9 – Mar. 6/8</u>		
Strength & Endurance (7) Stress Management		Autogenic Training (J201) 10A,10B,10D

Week 10 – Mar. 13/15

Stress management (10)

Blood Pressure (J201)

Week 11 – Mar. 20/22

Class Presentations all week

Make-up labs due to excused absences(Gym)

Week 12 – Mar. 27/29

Body composition (4)

4B Body Comp. (J201)

Week 13 – Apr. 3/5

Weight Management (5)

Fitness Reassessment (Gym)

Week 14 –Apr. 10/12

Heart Disease (11) Review (**Lab workbook due Apr.12**)

No Lab

Final Exam during exam week - date TBA

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 are expected to be submitted on the due date. Late assignments might not be accepted.
- 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.

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.