



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – WINTER 2016**

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

**INSTRUCTOR:** Leigh Goldie                      **PHONE:** 780-539-2978  
**OFFICE:** K219                                      **E-MAIL:** lgoldie@gprc.ab.ca  
**OFFICE HOURS:** Call or e-mail for an 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 (1<sup>st</sup> 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, MU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlinerearch.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:**

<b>Test No. 1 – Monday, Feb. 29</b>	<b>20%</b>
<b>Test No. 2 – Final Exam Week</b>	<b>30%</b>
<b>Labs/Workbook</b>	<b>30%</b>
<b>Presentation</b>	<b>20%</b>

**GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)**

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

<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>		<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>
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:**

**Classroom** ( ) Chapters from textbook

**Labs**

Week 1 – Jan. 6

Introduction

Week 2 – Jan. 11

Wellness and fitness (1)

1A, 1B (Classroom)

Week 3 – Jan. 18

Physical Literacy

9A - Skills Testing (Gym)

Week 4 – Jan. 25

Behaviour Modification (2), Exercise Issues/Principles (9)

Interval Training (Gym)

Week 5 – Feb. 1

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

Week 6 – Feb. 8

Flexibility, Posture, Back Care (8)

8B –Posture Evaluation (Gym)

8C – Flexibility (Gym)

Week 7 – Feb. 22

Muscular Strength & Endurance (7)

Progressive Relaxation (Class)

Week 8 – Feb. 29

**Test No. 1 - Monday, Feb. 29**

Autogenic Training (Class)

10A, 10B, 10D

Week 8 – Mar. 7

Stress management (10)

Blood Pressure (Classroom)

Week 9 – Mar. 14

Stress management (10)

Food Labels (Classroom)

Week 10 – Mar. 21

Nutrition (3)

No lab – Good Friday

Week 11 – Mar. 28

Nutrition (3), Body composition (4)

4B Body Comp. (Classroom)

Week 12 – Apr. 4

Weight Management (5)

Fitness Reassessment (Gym)

Week 13 – Apr. 11

Heart Disease (11) Cancer (12)

**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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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