

## DEPARTMENT of Kinesiology and Health Sciences

### COURSE OUTLINE – Fall 2022

#### **PE1210 (A2): Introduction to Personal Physical Fitness – 3 (3-0-1) 60 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.*

**INSTRUCTOR:** Gary Zuko    **PHONE:** 780-539-2978    **OFFICE:** K215  
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**OFFICE HOURS:** Available upon email request (myClass).

**CALENDAR DESCRIPTION:** Examines the biological foundations of physical activity/exercise and the components of health-related physical fitness in health, disease and performance applied to physical activity guidelines and exercise prescription for healthy adults, chronic disease and sport performance.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:** Reading materials or links will be made available on D2L as necessary.

**DELIVERY MODE(S):** Lectures, in-class discussions, group work, in class exercise and lab activities.

#### **COURSE OBJECTIVES:**

Upon successful completion of this course, students will be able to:

1. Describe and define the health-related components of physical fitness
2. Identify and participate in fitness assessment for healthy adults
3. Outline exercise prescription for healthy adults
4. Discriminate between fitness-related and health-related outcomes of physical activity and exercise programs
5. Discuss the relationship among physical activity, fitness, and chronic diseases

## LEARNING OUTCOMES:

Through completion of this course, students will be able to:

1. Appreciate the physical dimensions of wellness as a major component in a person's overall wellbeing
2. Lead a healthy adult lifestyle through a fitness assessment
3. When given physical fitness scores, be able to prescribe a scientifically based fitness prescription
4. Identify the differences between health-related and fitness-related physical activity programs
5. Recognize the effects of sedentary lifestyles, poor nutrition, and stress on chronic diseases such as heart disease, obesity, cancer, and diabetes

## 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:

Midterm	Oct 7	15%
Labs	Varies @ 11:59pm on due dates	20%
Classroom Assignments	Varies @ 11:59pm on due dates	30%
Final Exam Part 1: Exercise Prescription Assignment	TBD	20%
Final Exam Part 2: Exam	TBD	15%
<b>Total</b>		<b>100%</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-**.

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:

	Wednesday Lecture	Readings	Friday Lecture	Readings	Labs
Sep 1-2			Introduction		No Lab
Sep 5-9	Health and Fitness	AFLCA (2012) Insel et al. (2016)	Sedentary Behaviour <i>(Last day to add/drop)</i>	Panahi & Tremblay (2018)	No Lab
Sep 12-16	Obesity	Boule & Prud'homme (2020)	Knowledge Translation (Learning Commons)		Body Composition (M119)
Sep 19-23	Heart Disease	Heart and Stroke Foundation (2011) Heart and Stroke Foundation Infographic (n.d.)	Diabetes	Diabetes Canada (2020) Sigal et al. (2018)	RHR/RBP (M119)
Sep 26-30	Cancer	Lugo et al. (2019)	<b>Truth and Reconciliation Day – No Class</b>		Pre-Screening (M119)
Oct 3-7	Pregnancy	Mottola et al. (2019)	Pre-Screening	CSEP (2017) CSEP Informed Consent CSEP-CPT Pre-Screening Tool	Weight Room Tour (Fitness Center)
Oct 10-15	<b>Fall Break – No Classes</b>				
Oct 17-21	Behaviour Modification	CSEP (2013) Jackson (2010)	Basic Components of Physical Fitness	Insel et al. (2016)	Weight Room 101 (Fitness Center)
Oct 24-28	Midterm Exam		Fitness Assessment and Program Design	Heyward & Gibson (2014)	Fitness Assessment (Gym)
Oct 31-Nov 4	Exercise Prescription Basics	Sands et al. (2012) Ch. 1 & 2	Exercise Prescription Basics	Sands et al. (2012) Ch. 1 & 2	Aerobic Training (Fitness Center)
Nov 7-11	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	<b>Remembrance Day – No Class</b>		Interval Training (M121)
Nov 14-18	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Applied Movement Mechanics	Joint Movement Terms Anatomy of Musculoskeletal System	Resistance Training (Fitness Center)

<b>Nov 21-25</b>	Resistance Training Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Fiataroone Singh et al. (2019)	Resistance Training Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Singh et al. (2019)	Stretching (M121)
<b>Nov 28-Dec 2</b>	Flexibility Jefferys (2016)	Stress Management Donatelle et al. (2018)	Meditation (M121)
<b>Dec 5-9</b>	Knowledge Translation (Learning Commons)	Exercise Prescription Learning Commons/Review	<b>No Lab</b>

## **STUDENT RESPONSIBILITIES:**

- All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% if handed in late on the due date and an additional 10% for each additional day late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class, prior to the start of 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 myClass before class. It is expected that the student reviews materials in advance so they 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 get 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 may be required 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 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.