

Department of Physical Education and Athletics
Grande Prairie Regional College
Course Outline for PE210 Physical Fitness: Theory and Practise
Course Outline-Fall semester 1991-92

1.0 General

Instructor: David Kay Office: K215 Phone: 539-2034

Class times: Mondays:1-1:50

Tuesdays:1:30-3:00

Thursdays:1:30-3:00

Location: Portable D (PO D)

2.0 Course Description

The primary purpose of Physical Education 210 is to acquaint students with a basic knowledge, understanding and value of physical activity as related to optimum health and wellness. Physical Education 210 is a lecture/laboratory course with practical experiences allowing each student to measure and improve their physical fitness level, create a personalized fitness program and evaluate their current diet.

3.0 Textbook/Resources

3.1 Hoeger, Werner W.K. Principles and Labs For Physical Fitness and Wellness second edition Morton Pub. Co., 1991

3.2 Assigned journal readings.

4.0 Transfer of Credit

University of Alberta PESS 210 (3 credit hours)

University of Calgary PHED 247 (3 credit hours)

University of Lethbridge 1PHED 2000 Course (3 credit hours)

5.0 Class Attendance

Attendance is essential for this course, particularly during the lab sessions. Students are expected to attend and participate in all scheduled classes and labs. It is the policy of the Department of Physical Education and Athletics that students with unexcused absences in excess of 10% of the total number of classes for this course may not be given the opportunity to write the final examination.

6.0 Course Objectives

At the completion of this course the student will be able to:

- 6.1 describe the value of exercise in developing the many aspects of physical fitness and wellness.
- 6.2 evaluate their attitude toward physical fitness.
- 6.3 evaluate personal physical fitness status.
- 6.4 determine personal fitness needs.
- 6.5 identify several programs to becoming physically fit and efficient in daily living
- 6.6 perform exercise correctly.
- 6.7 describe the role of nutrition and exercise in weight control.
- 6.8 analyse their personal diet.
- 6.9 prepare a personal fitness program.

7.0 Evaluation

- 7.1 Midterm examination 20 pts.
- 7.2 Labs (12* 4pts.- 48 pts.)
- 7.3 Individualized Fitness Program (written report) 12 pts.
- 7.4 Final examination 20 pts.

8.0 Lab Schedule	Date	Location
1.Lab 1A and B	Sept.12	Gym.
2.Canadian Standardized Test of Fitness	Sept.19	Fitness Centre
3.Lab 2B	Sept.26	PO-D
4.Lab 3A and B	Oct.3	PO-D
5.Lab 4A and 5A	Oct.10	PO-D
6.Lab 6A	Oct.17	Fitness Centre
7.Lab 7A	Oct.24	Weight Room
8.Lab 11A	Oct.31	Gym.
9.Lab 12A	Nov.7	PO-D
10.Lab 13A and B and C (hand in 13A only)	Nov.14	PO-D
11.Lab 14A and B and C	Nov.21	PO-D
12.Canadian Standardized Test of Fitness and Lab 16D	Nov.28	Gym.

LAB MARKING FORMAT for PE210

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Lab. Qualities:

- * Neat and readable: The best format is type written or neatly printed.
- * References cited: You have included reference to least two Journal articles in your lab write up which apply to this topic.
- * Handed in on time: Labs are due before the next lab class begins.
- * Validity: The conclusions you draw are valid and based on the literature to date. (Are your thoughts correct!)
- * Generalizations: Your ability to apply what you have learned in this lab to your own life style in a healthful manner.

Lab. Points: (each lab is worth a maximum of 4 points)

0- Unacceptable 1- Below average 2- Average 3- Good 4- Excellent