



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2019

PE2200 A2: Introduction to Personal Physical Fitness – 3 (3-0-1) 60 Hours

INSTRUCTOR: Warr, Lorelle **PHONE:** 780-539-2978
OFFICE: K216 **E-MAIL:** lwarr@gprc.ab.ca
OFFICE HOURS: By appointment or drop in.
LAB INSTRUCTOR: Hancharuk, Laura **EMAIL:** lhancharuk@gprc.ab.ca

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 available on Moodle as necessary.

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, in-class exercises and labs.

COURSE OBJECTIVES:

1. Students will describe and define the health-related components of physical fitness.
2. Students will identify and participate in fitness assessment for healthy adults.
3. Students will outline exercise prescription for healthy adults.
4. Students will discriminate between fitness related and health related outcomes of physical activity and exercise programs.
5. Students will discuss the relationship among physical activity, fitness and chronic diseases.

LEARNING OUTCOMES:

1. To appreciate the physical dimension of wellness as a major component in a person's overall well-being.
2. To lead a healthy adult lifestyle through a physical fitness assessment.
3. When given a person's physical fitness scores to be able to prescribe a scientifically based fitness prescription.

4. To identify 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:

AU, CU, UA, UL

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 <u>15%</u> 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>December 9, 2019</p>
<p>Presentation <u>15%</u> This is a group presentation. Specific requirements and topics 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>Exercise Prescription Assignment <u>20%</u> Part 1: Background, Goals, and Training Program Part 2: Updated Version of Part 1, Activity Logs and Reflection The details of this assignment will be discussed in class and posted on Moodle. APA format and referencing required.</p>	<p>October 21, 2019 December 9, 2019</p>
<p>Midterm Exam <u>10% each</u> 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>September 27, 2019 October 25, 2019</p>
<p>Final Exam <u>30%</u> 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:

Class Room: H211

Mondays 1:00pm -2:20pm; Fridays 11:30am-12:50PM

Classroom	Topic	Labs
Week 1: Sep 6	Introduction (GAQ) Health and Fitness	No lab
Week 2: Sep 9 & 13	Basic Components of Physical Fitness* Applied Movement Mechanics	Fitness Testing (Full Gym)
Week 3: Sep 16 & 20	Applied Movement Mechanics Applied Movement Mechanics	Skill Testing (1/2 Gym)
Week 4: Sep 23 & 27	Exercise Prescription Basics Midterm 1	Gym Tour (Weight Room)
Week 5: Sep 30 & Oct 4	Training Principles Cardiovascular Fitness*	Cardiovascular Training (Weight Room)
Week 6: Oct 7 & 11	Cardiovascular Fitness* Resistance Training	Interval Training (Weight Room)
Week 7: Oct 14 & 18	Thanksgiving - No class Flexibility*	Resistance Exercises Intro (Weight Room)
Week 8: Oct 21 & 25	Midterm 2 Presentation	Stretching (M121)
Week 9:	Presentation	Posture

Oct 28 & Nov 1	Presentation	(M121)
Week 10: Nov 4 & 8	Screening and Interviewing Fall Break - No Classes	No Lab
Week 11 Nov 11 & 15	Remembrance Day - No Classes Behaviour Modification	No Lab
Week 12: Nov 18 & 22	Body Composition Weight Management/Obesity	Body Composition (M121)
Week 13: Nov 25 & 29	Heart Disease* Diabetes	Meditation (M121)
Week 14: Dec 2 & 6	Cancer Pregnancy	Fitness Testing (Full Gym)
Week 15: Dec 9	Review	No Lab

***If you have a laptop or tablet, please bring to class.**

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, 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 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 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 needs to be provided 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.