

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 21	20%
Labs	Due @ 11:59pm on the Sunday following the lab	20%
Classroom Assignments	Varies	10%
Exercise Prescription Assignment	Dec 9	20%
Final Exam	TBD	30%
Total		100%

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:

	Tuesday Lecture	Readings	Tuesday Lab 1	Thursday Lecture	Readings
Sept. 1-3			No Lab	Introduction	
Sept. 6-10	Health and Fitness	AFLCA (2012) Insel et al. (2016)	No Lab	Sedentary Behaviour <i>(Last day to add/drop classes)</i>	Panahi & Tremblay (2018)
Sept. 13-17	Obesity	Boule & Prud'homme (2020)	Body Composition (M119)	Basic Research Skills Learning Commons	
Sept. 20-24	Heart Disease	Heart and Stroke Foundation (2011) Heart and Stroke Foundation Infographic (n.d.)	RHR/RBP (M119)	Diabetes	Benefits of Physical Activity Infographic Sigal et al. (2018)
Sept. 29-Oct. 1	Cancer	Lugo et al. (2019)	Pre-Screening (J203)	Pregnancy	Mottola et al. (2019)
Oct. 4-8	Pre-Screening	CSEP (2017) CSEP Informed Consent CSEP-CPT Pre-Screening Tool	Weight Room Tour (Weight Rm)	Behaviour Modification	CSEP (2013) Jackson (2010)
Oct. 11-15	Fall Break – No Classes or Lab				
Oct. 18-22	Basic Components of Physical Fitness	Insel et al. (2016)	Weight Room 101 (Weight Rm)	Midterm Exam	
Oct. 25-29	Exercise Prescription Basics	Sands et al. (2012) Ch. 1 & 2	Fitness Assessment (Gym)	Fitness Assessment and Program Design	Heyward & Gibson (2014)
Nov. 1-5	Training Principles	AFLCA (2012)	Aerobic Training (Weight Rm)	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)
Nov. 8-12	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Interval Training (Weight Rm)	Remembrance Day – No Class	
Nov. 15-19	Applied Movement Mechanics	Joint Movement Terms Anatomy of Musculoskeletal System – Review	Resistance Training (Weight Rm)	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Singh et al. (2019)
Nov. 22-26	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Singh et al. (2019)	Stretching (L104 – Black Box)	Flexibility <i>(Last day to withdraw)</i>	Jefferys (2016)
Nov. 29-Dec. 3	Knowledge Translation Learning Commons		Meditation (M121)	Stress Management	Donatelle et al. (2018)
Dec. 6-10	Exercise Prescription Learning Commons		No Lab	Review	

This schedule is subject to change based on how we progress as a class. Changes will be announced in class and on myClass.

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 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 Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

POLICY ON THE RECORDING OF TEACHING ACTIVITIES:

Students may not record classroom activities (such as lectures, group activities, 3rd party presentations, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. Students will also be given the option of being excused from actively participating in recorded activities. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

COPYRIGHT NOTIFICATION:

Any course material created by your instructor is his/her intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

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