



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – WINTER 2018**

**PE2200 A3/B3: 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](mailto:lwarr@gprc.ab.ca)  
**OFFICE HOURS:** By appointment.

**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:** None

Reading materials or links will be made 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:**

#### **Lab Books (20%)**

- Labs sheets need to be submitted in a duotang. Labs submitted in a binder, folder, or as a stack of paper (stapled or unstapled) will not be accepted. See schedule, below, for due dates.

#### **Participation - Lecture (10%)**

- Participation includes active listening, engaging in class discussion, participation in class activities, and note taking. Students will be deducted participation marks for talking to their neighbors or being on their phones. It is the responsibility of the student to take an active role in his/her learning.

#### **Presentation (15%)**

- 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.

#### **Exercise Prescription Assignment (10%)**

- The details of this assignment will be discussed in class and will be posted on Moodle. APA format and referencing required. See schedule, below, for due dates.

#### **Mid-term Exam (15%)**

- In class on February 27, 2018

#### **Final Exam (30%)**

- TBA in the gym

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

<b>Classroom</b>	<b>Topic</b>	<b>Labs</b>
Week 1: Jan 4	Introduction (PAR-Q+)	No lab
Week 2: Jan 9 & 11	Health and Fitness Basic Components of Physical Fitness	Fitness Testing (Full Gym)
Week 3: Jan 16 & 18	Applied Movement Mechanics Training Principles	Skill Testing (1/2 Gym)
Week 4: Jan 23 & 25	Training Principles Exercise Prescription Basics	Gym Tour (Weight Room)
Week 5: Jan 30 & Feb 1	Cardiovascular Fitness Muscle Strength	Cardiovascular Training (Weight Room)
Week 6: Feb 6 & 8	Endurance Strength Flexibility	Interval Training (Weight Room)
Week 7: Feb 13 & 15	Presentation Presentation	Stretching – <b>Lab Books Due</b> (Black Box)
Week 8: Feb 20 & 22	<b>No Class – Winter Break</b>	No lab
Week 9: Feb 27 & Mar 1	Behaviour Modification <b>Midterm</b>	Posture (Black Box)
Week 10: Mar 6 & 8	Stress Management Screening and Interviewing	Meditation (Black Box)
Week 11: Mar 13 & 15	Body Composition	Body Composition (Class Room)
Week 12: Mar 20 & 22	Presentation Presentation	Grocery Store Tour (Save On Foods)
Week 13: Mar 27 & 29	Weight Management Obesity	No Lab
Week 14: Apr 3 & 5	Heart Disease Diabetes	Fitness Testing (Full Gym)
Week 15: Apr 10 & 12	Cancer – <b>Exercise Prescription Assignment Due</b> Review – <b>Lab Books Due</b>	No Lab

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

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