



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – FALL 2013**

**PE1100 – PERSONAL HEALTH AND FITNESS A2/B2 – 3(3-0-1)**

**INSTRUCTOR:** Leigh Goldie                      **PHONE:** 780-539-2978  
                    Bethe Goldie -                                      780-539-2972  
                    labs

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**OFFICE**

**HOURS:**                      By Appointment – call or e-mail

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

**REQUIRED TEXT/RESOURCE MATERIALS:** Hoeger, W.W.K., Hoeger, S.A. and Lauzon, L. *Principles and labs for fitness and wellness (1<sup>st</sup> Canadian edition)*. Toronto, ON: Nelson, 2009.

**CALENDAR DESCRIPTION:** This course is an individual-based analysis of physical fitness and personal health issues. The emphasis is on planning and managing your own lifestyle for health and well-being.

**CREDIT/CONTACT HOURS:** 3 (3-0-1). 3 hours lecture and 1 hour lab.

**DELIVERY MODE(S): Classroom presentations and activity labs.**

**OBJECTIVES (OPTIONAL): 1. To develop a knowledge and understanding of the basic concepts of wellness, active living, physical fitness, nutrition and health promotion.**

**2. To develop a personal plan for living a healthy, well balanced life.**

**3. To identify health and fitness as resources and major components in achieving quality life.**

**4. To develop and awareness of the function of various public and private agencies in promoting health within the community.**

**TRANSFERABILITY: University of Alberta HE ED 110 (3)**

**University of Calgary PHED 247 (3)**

**University of Lethbridge KNES 1000 (3)**

**\*\* 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**

**Guidelines on Cell Phones and Other Personal Electronic Devices**

- Users of personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have individual policies related to electronic devices in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
  
- Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.

- Some instructors may have penalties for violations. If personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

**GRADING CRITERIA:**

<b>GRANDE PRAIRIE REGIONAL COLLEGE</b>			
<b>GRADING CONVERSION CHART</b>			
<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Designation</b>
<b>A<sup>+</sup></b>	<b>4.0</b>	<b>90 – 100</b>	<b>EXCELLENT</b>
<b>A</b>	<b>4.0</b>	<b>85 – 89</b>	
<b>A<sup>-</sup></b>	<b>3.7</b>	<b>80 – 84</b>	<b>FIRST CLASS STANDING</b>
<b>B<sup>+</sup></b>	<b>3.3</b>	<b>77 – 79</b>	
<b>B</b>	<b>3.0</b>	<b>73 – 76</b>	<b>GOOD</b>
<b>B<sup>-</sup></b>	<b>2.7</b>	<b>70 – 72</b>	
<b>C<sup>+</sup></b>	<b>2.3</b>	<b>67 – 69</b>	<b>SATISFACTORY</b>
<b>C</b>	<b>2.0</b>	<b>63 – 66</b>	
<b>C<sup>-</sup></b>	<b>1.7</b>	<b>60 – 62</b>	
<b>D<sup>+</sup></b>	<b>1.3</b>	<b>55 – 59</b>	<b>MINIMAL PASS</b>
<b>D</b>	<b>1.0</b>	<b>50 – 54</b>	
<b>F</b>	<b>0.0</b>	<b>0 – 49</b>	<b>FAIL</b>
<b>WF</b>	<b>0.0</b>	<b>0</b>	<b>FAIL, withdrawal after the deadline</b>

<b>EVALUATIONS:</b>	<b>Test No. 1 – Monday, October 21</b>	<b>25%</b>
	<b>Test No. 2 – Final Exam Week</b>	<b>25%</b>
	<b>Presentation</b>	<b>20%</b>
	<b>Labs/Workbook</b>	<b>30%</b>

**STUDENT RESPONSIBILITIES:** Lab workbooks will be submitted twice during the term. The first due date will be Monday, October 21 and the second will be Monday, December 9. Late workbooks will not be accepted. Included in your workbook will be all labs completed during the course of the term. You will also include one newspaper article for each week of the term starting on September 9. The article will deal with a health system or personal health and fitness issue and will include a short commentary on how that issue could affect your personal situation. Students are responsible for contacting the instructor if they have to miss class.

**STATEMENT ON PLAGIARISM AND CHEATING:**

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.

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

**Classroom      ( ) Chapters from textbook**

**Labs**

Week 1 – Sept. 9

Introduction, course outline, Wellness and fitness (1)

1A, 1B (Classroom)

Week 2 – Sept. 16

Wellness and fitness (1) Exercise Issues/Principles (9)

9A - Skills Testing (Gym)

Week 3 – Sept. 23

Behaviour Modification (2)

Fitness Assessment (Gym)

Week 4 – Sept. 30

Cardiorespiratory Fitness (6)

Interval Training (Gym)

Week 5 – Oct. 7

Cardiorespiratory Fitness (6), Flexibility (8)

8B –Posture Evaluation(Gym)

8C – Flexibility (Gym)

Week 6 – Oct. 14

Posture. Back Care (8)

No labs - Thanksgiving

Week 7 – Oct. 21

Test No. 1

Progressive Relaxation(Class)

Week 8 – Oct. 28

Muscular Strength & Endurance (7)

Autogenic Training (Class)

10A, 10B, 10D

Week 9 – Nov. 4

Stress management (10)

Food Labels (Classroom)L1,L2

Week 10 – Nov. 11

Nutrition (3),

Food Labels (Classroom)L3

Week 11 – Nov. 18

Nutrition (3), Body composition (4)

4B Body Comp. (Classroom)

Week 12 – Nov. 25

Weight Management (5)

Blood Pressure (Classroom)

Week 13 – Dec. 2

Heart Disease (11) Cancer (12)

Fitness Reassessment (Gym)

Week 14 – Dec. 9

Review, Wrap-up

**PE 1100 - FITNESS**  
**PRESENTATIONS**

This assignment is worth 20% of your total mark for the course. You will work with one other person and prepare a 15 - 20 minute presentation for class. The topic you choose should be one that we have not had time to cover in detail during class time. Topics are available on a first-come basis. Presentation dates and times will be scheduled by the instructor.

1. You will have 15 - 20 minutes of class time to present your topic. Following your presentation, we will allow 5 – 10 minutes for questions and discussion. You must produce a power point to present your material. This will be posted on Moodle to be shared with the rest of the class following your presentation.
2. In addition to the presentation, you will prepare a six to eight page paper for the instructor. This will include the key points of your presentation, at least four current references and three short answer test questions worth 2 – 3 marks each. Your group should share the questions and answers with the class as part of the presentation. One of the three questions will be selected for the final test.
3. In your presentation you should talk about the latest research in regard to your topic and if the issue is controversial, present both sides of the argument. Having considered all this, present your final thoughts on the subject.
4. Ten of your marks will be based on a peer evaluation of your actual presentation while the other ten marks will be based on the quality and completeness of your paper and will be graded by the instructor.

Possible topics - these could include analysis of special programs in any of the areas we have covered in class, such as strength training, various diets, exercise equipment, fitness programs, etc. Sample topics would include popular diets (Weight Watchers, Jenny Craig, etc.), exercise programs (Tai Chi, plyometrics, Pilates, yoga, etc.) or alternative therapies (acupuncture, reflexology, magnetic therapy, body wraps, aromatherapy, etc.) Other topics would be dietary supplements and performance enhancers including such products as steroids or creatine. There are also many other possibilities including eating disorders, child obesity, vegetarianism, fast foods, energy drinks, genetically modified foods and tanning beds. If you have another topic that is not on this list you can check with the instructor to see if it is appropriate. Be sure to choose something you are interested in. Please have your topic approved before you proceed.

Alternate assignment – each term there are opportunities to become involved with community events and/or projects that are related to fitness and wellness. You might choose to help with one of those and present your experience to the class. See the instructor for more details.

**NEWSPAPER ARTICLES**

Your Lab workbook should include a section of a newspaper article for each week of class. You will select **one article each week** dealing with either a *personal* health issue or a *health system* issue. The article can be cut out of a paper or printed from the internet. Then you will write a **3-4 sentence commentary** talking about your own reaction to the article. Be sure to indicate the following items for each article: the name of the newspaper; the page of the article; and the date of the article. The article must be dated from the proper week.

There are many articles every day in both of these areas, so you shouldn't have a problem finding material. Please remember that advertisements and sports articles are not acceptable.

