



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2015

PE1100 – PERSONAL HEALTH AND FITNESS

INSTRUCTOR: Leigh Goldie- lectures **PHONE:** 780-539-2978
Chris Watson- labs 780-539-2972
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OFFICE HOURS: Call or e-mail for appointments

CLASS TIMES: A3 – Monday, Wednesday 10:00 – 11:30 AM
B3 – Tuesday, Thursday 1:00 – 2:20 PM
L1 – Monday 12:00 – 12:50 PM
L2 – Tuesday 12:00 – 12:50 PM
L3 – Thursday 12:00 – 12:50 PM

PREREQUISITE(S)/COREQUISITE: None

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

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 lectures and activity labs.

OBJECTIVES :

1. To develop a knowledge and understanding of the basic concepts of wellness, health promotion, active living, physical fitness and nutrition.
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 an 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**

GRADING CRITERIA:

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

EVALUATIONS:

Test No. 1 – Wed./Thurs. Mar. 4/5	20%
Test No. 2 – Final Exam Week	30%
Labs/Workbook	30%
Presentation	20%

STUDENT RESPONSIBILITIES: Lab workbooks will be submitted twice during the term. The first due date will be Mon./Tues. Mar. 2/3, and the second will be Wed./Thurs. April 8/9. Included in your workbooks will be all labs completed during the course of the term. Also, you will include one newspaper article for each week of the term. 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 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 are expected to be submitted on the due date. Late assignments might not be accepted.**
- **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.**

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/**

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

Classroom	() chapters from textbook	Labs
Week 1- Jan. 5	Introduction, Wellness and Fitness (1)	
Week 2- Jan. 12	Wellness/Fitness (1)	1A, 1B (Classroom)
Week 3- Jan. 19	Behav. Mod. (2), Exercise	9A – Skill Related fitness

	Issues/Principles (9)	(Gym)
Week 4- Jan. 26	Cardiorespiratory Fitness (6)	Fitness Assessment (Gym)
Week 5- Feb. 2	Cardiorespiratory Fitness (6)	Interval Training (Gym)
Week 6- Feb. 9	Flexibility, Posture, Back Care (8)	8B – Posture Evaluation (Gym) 8C – Flexibility (Gym)
Week 7- Feb. 23	Muscular Strength and Endurance (7)	Progressive Relaxation (Gym)
Week 8- Mar. 2	Lab books due Monday Mar. 2 & Tuesday Mar. 3 Test No. 1 on Wednesday Mar. 4 and Thurs. Mar. 5	Autogenic Training (Gym) 10A, 10B, 10D
Week 9- March 9	Stress management (10)	Food Labels (Classroom)
Week 10- March 16	Physical Literacy	Nutritional Analysis (Classroom)
Week 11- March 23	Nutrition (3),	4B-Body Composition (Classroom)
Week 12- March 30	Nutrition (3), Body Composition (4)	Fitness Re-Assessment (Gym)
Week 13- April 6	Weight Management (5)	Lab books due Wed. April 8 & Thurs. April 9
Week 14- April 13	Heart Disease (11)	

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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 presentation 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.

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 (no photocopies) or printed from the internet and attached to a blank sheet of paper. 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.

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.