



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – FALL 2012**

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

**INSTRUCTOR:** Leigh Goldie                      **PHONE:** 780-539-2978

**OFFICE:** K216                                      **E-MAIL:** lgoldie@gprc.ab.ca

**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, ONT: 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 cell phones and other 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 strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
  
- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other 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 cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other 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 22</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 22 and the second will be Monday, December 3. 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 10. 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:**

<b><u>Classroom</u></b>	<b>( ) Chapters from textbook</b>	<b><u>Labs</u></b>
<u>Week 1 – Sept. 10</u>	Introduction, course outline, Wellness and fitness (1)	1A, 1B (Classroom)
<u>Week 2 – Sept. 17</u>	Wellness and fitness (1) Exercise Issues/Principles (9)	9A - Skills Testing (Gym)
<u>Week 3 – Sept. 24</u>	Behaviour Modification (2)	Interval Training (Gym)
<u>Week 4 – Oct. 1</u>	Cardiorespiratory Fitness (6)	Fitness Assessment (Gym)
<u>Week 5 – Oct. 8</u>	Cardiorespiratory Fitness (6), Flexibility (8)	No labs - Thanksgiving
<u>Week 6 – Oct. 15</u>	Posture. Back Care (8)	8B – Posture Evaluation(Gym) 8C – Flexibility (Gym)
<u>Week 7 – Oct. 22</u>	<u>Test No. 1</u>	Progressive Relaxation(Class)
<u>Week 8 – Oct. 29</u>	Muscular Strength & Endurance (7)	Autogenic Training (Classroom) 10A, 10B, 10D
<u>Week 9 – Nov. 5</u>	Stress management (10)	Food Labels (Classroom)L1,L2
<u>Week 10 – Nov. 12</u>	Nutrition (3),	Food Labels (Classroom)L3
<u>Week 11 – Nov. 19</u>	Nutrition (3), Body composition (4)	4B Body Composition (Classroom)
<u>Week 12 – Nov. 26</u>	Weight Management (5)	Fitness Reassessment (Gym)
<u>Week 13 – Dec. 3</u>	Heart Disease (11) Cancer (12)	
<u>Week 14 – Dec. 10</u>	Review, Wrap-up	

