



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND  
KINESIOLOGY

COURSE OUTLINE – WINTER 2012  
PE1100 – PERSONAL HEALTH AND FITNESS

**INSTRUCTOR:** Leigh Goldie - **PHONE:** 780-539-2978  
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**OFFICE**  
**HOURS:** Call or e-mail for appointments

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

**REQUIRED TEXT:** 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 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:**

The following system will be used for converting percentage grades to alpha grades.

<u>Alpha Grade</u>	<u>4 – Point</u>	<u>Percentage</u>	<u>Descriptor</u>
A+	4.0	90 – 100	Excellent
A	4.0	85 – 89	Excellent
A-	3.7	80 – 84	First Class Standing
B+	3.3	76 – 79	First Class Standing
B	3.0	73 – 75	Good
B-	2.7	70 – 72	Good
C+	2.3	67 – 69	Satisfactory
C	2.0	64 – 66	Satisfactory
C-	1.7	60 – 63	Satisfactory
D+	1.3	55 – 59	Poor
D	1.0	50 – 54	Minimal Pass
F	0.0	0 – 49	Fail

\*\*\*There might be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

## 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.

<b>EVALUATION:</b>	Test No. 1 – Thursday, Mar. 10	25%
	Test No. 2 – Final Exam Week	25%
	Labs/Workbook	30%
	Presentation	20%

**STUDENT RESPONSIBILITIES:** Lab workbooks will be submitted twice during the term. The first due date will be Tuesday, Mar. 8 and the second will be Tuesday, April 12. Late workbooks will not be accepted. 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 are responsible for contacting the instructors if they have to miss classes.

### **STATEMENT ON PLAGIARISM AND CHEATING:**

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

## COURSE SCHEDULE/TENTATIVE TIMELINE:

### Classroom ( ) Chapters from textbook

### Labs

#### Week 1 – Jan. 2

Introduction, course outline, Wellness and fitness (1)

#### Week 2 – Jan. 9

Wellness and fitness (1), Behav. Mod. (2)

1A, 1B (Classroom)

2A, 2B

#### Week 3 – Jan. 16

Behav. Mod. (2), Exercise Issues/Principles (9)

1C - Blood Pressure (Classroom)

#### Week 4 – Jan. 23

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

#### Week 5 – Jan. 30

Cardiorespiratory Fitness (6)

Interval Training (Gym)

#### Week 6 – Feb. 6

Flexibility (8), Posture, Back Care (8)

8B – Posture Evaluation (Gym)

8C – Flexibility (Classroom)

#### Week 7 – Feb. 13

Muscular Strength and Endurance (7)

9A – Skill-Related Fitness (Gym)

#### Week 8 – Feb. 27

Stress management (10)

Progressive Relaxation (Classroom)

#### Week 9 – March 5

Stress management (10)

**– lab books due Tuesday, Mar. 6**

**– Test No. 1 on Thursday, Mar. 8**

Autogenic Training (Classroom)

10A, 10B, 10D

#### Week 10 – March 12

Nutrition (3)

Food Labels (Classroom)

#### Week 11 – March 19

Nutrition (3), Body composition (4)

4B- Body Composition (Classroom)

#### Week 12 – Mar. 26

Weight management (5)

Fitness Re-Assessment (Gym)

#### Week 13 – Apr. 2

Heart Disease (11), Cancer (12)

No labs – Good Friday

#### Week 14 – April 9

Lifetime Fitness and Wellness (13)

**- lab books due Tuesday, April 10**

## **PE 1100 - FITNESS PRESENTATIONS**

This assignment is worth 20% of your total mark for the course. You will work with two other people 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.

### **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.

