

MAR 30 2000

PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE

INSTRUCTOR: ELLEN BENSON PHONE 865-4712

CLASS TIMES: MONDAYS AND WEDNESDAYS 9:00 - 11:00 a.m.

COURSE DESCRIPTION: This course is designed to offer an individual-based analysis of physical fitness and personal health issues. Emphasis will be on planning and managing one's own lifestyle for health and well-being.

COURSE OBJECTIVES:

1. To contribute to 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 a healthy, well-balanced life.
3. To develop an awareness of the function of various public and private agencies in promoting health within the community.
4. To identify health and fitness as resources and major components in achieving quality life.

TEXT: Hoeger, W.K. & Hoeger, S.A. (1997). *Principals & Labs For Fitness & Wellness*
5th Edition
Englewood, CO; Morton Publishing

<u>EVALUATION:</u>	Labs	10%
	Articles (30)	10%
	Personal Health Plan	40%
	Test #1	10%
	Test #2	10%
	Final Exam	20%

Labs and newspaper articles will be handed in 3 times. No lates will be accepted.

PE1100 - PERSONAL HEALTH AND FITNESS
COURSE SCHEDULE - WINTER 2000

COURSE SCHEDULE

() Chapters from textbook	Feb.14 - Test #1 Labs and Articles due
Jan. 5 - Introduction, Fitness and wellness (1), Lab 1	Feb.16 - Goal Setting (2) Lab 2A
Jan.10 - Cardiorespiratory Endurance and Assessment (6), Lab 6A, 6B * Meet at Rec. Centre	Feb. 21, 23 Reading Week No Classes
Jan.12 - Principles of Cardiorespiratory Exercise Program (7), Lab 7D * Read Chap. 7 and complete Labs 7A, 7B, 7C prior to class * Meet at Rec. Centre	Feb.28 - T.B.A.
Jan.17 - Body Composition Assessment (4), Principles of Muscular Strength Assessment and Prescription (8) * Meet at New Image prepared to do Labs 4B, 8A, 8B ** This class may take longer than 2 Hrs. so be prepared to stay until you finish the labs.	Mar.1 - T.B.A.
Jan.19 - Muscular Strength (8) Lab 8A, 8B * Meet at Rec. Centre	Mar.6 - T.B.A.
Jan.24 - Nutrition, Body Composition, Weight Management (3,4,5)	Mar.8 - T.B.A.
Jan.26 - Nutrition (3), (5) Dietitian - Joan Carr	Mar.13 - Test #2 Labs and Articles due
Jan.31 - Skill-Related Components of Physical Fitness (10) Lab 10A * Meet at Mountain View School gym	Mar. 15 - Cancer (13) Lab 13 Speaker - AnnaMarie Rhodes
Feb.2 - Muscular Flexibility (9) Lab 9A, 9B, 9C, 9D	Mar. 20 - Tobacco Use (14) Lab 14A
Feb.7 - T.B.A.	Mar.22 - Smoking - Pat Oliver
Feb.9 - Neck and Back Care Physiotherapist - Sue Hindle	Apr.3 - Addictive Behaviors (15) Lab 15A, 15B, 15C
	Apr.5 - Aids - Tracy Scagg
	Apr.10 - Spiritual Well-Being Speaker - Darin Wride
	Apr.12 - Stress (11) Speaker - Holly Day
	Apr.17 - Post-Testing
	Apr.19 - Wrap-up Projects Due, Labs and Articles Due
	April 26 - FINAL EXAM