

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PE 1100 - PHYSICAL FITNESS THEORY AND PRACTICE
COURSE OUTLINE - FALL 1994

INSTRUCTORS: Leigh Goldie
Office K219 Phone 539-2978

CLASS TIMES: Lectures - Monday and Wednesday, 1:00 - 1:50, L123
Labs - AL1 - Tuesday, 1:30 - 3:20, Gym
- AL2 - Thursday, 1:30 - 3:20, Gym

COURSE OBJECTIVES: 1. To contribute to a knowledge and understanding of the basic concepts of physical fitness, nutrition, wellness and active living.
2. To explore various methods of improving physical fitness and examine the prescription of appropriate exercise programs and their adaptation to individuals with specific needs.
3. To provide experience in organizing and administering fitness programs.

TRANSFERABILITY: University of Alberta PESS 110(3)
University of Calgary PHED 247(3)
University of Lethbridge 1 PED 2000(3)

TEXT: Corbin, C.B., and Lindsey, R. (1994). *Concepts of physical fitness and wellness*. Dubuque, IA: Brown and Benchmark.

<u>EVALUATION:</u>	Project	25%
	Labs	25%
	Test #1 - Wed., Oct. 12	15%
	Test #2 - Mon., Nov. 14	15%
	Test #3 - Wed., Dec. 7	20%
		100%

LAB WORKBOOK

On Monday, November 28 by 4:00 PM you will hand in your lab workbook to my office. Late workbooks will not be accepted. Included in your workbook will be all labs completed during the course of the term. Also, you will include two newspaper articles for each week of the term. The articles should be related to fitness, wellness or active living. We will discuss the workbook in class as the term progresses.

****Department of Physical Education policy states that " for first year physical education courses, a student missing more than 10% of the scheduled classes may be denied permission to write the final exam"**

COURSE SCHEDULE - FALL 1994

() Chapters from textbook.

LECTURES

SEPT. 7 - course outline

SEPT. 12 - wellness (21)
SEPT. 14 - (1,2)

SEPT. 19 - (3)
SEPT. 21 - (4,5)

SEPT. 26 - fitness testing
SEPT. 28 - " (20)

OCT. 3 - (6)
OCT. 5 - (7)

OCT. 12 - TEST NO. 1

OCT. 17 - (10)
OCT. 19 - (11)

OCT. 24 - (22)
OCT. 26 - (22)

OCT. 31 - (13)
NOV. 2 - (14)

NOV. 7 - (16)
NOV. 9 - (18)

NOV. 14 - TEST NO. 2
NOV. 16 - review test

NOV. 21 - (23)
NOV. 23 - (23)

NOV. 28 - (24)
NOV. 30

DEC. 5 - (29,30)
DEC. 7 - TEST NO. 3

LABS

SEPT. 13/15 - energy systems

SEPT. 21/23 - energy systems

SEPT. 27/29 - fitness testing

OCT. 4/6 - interval training

OCT. 11/13 - stretching (8,9)

OCT. 18/20 - weight training

OCT. 25/27 - nutritional analysis

NOV. 1/3 - active living/ programs, research

NOV. 8/10 - posture (17)

NOV. 15/17 - circuit training

NOV. 22/24 - relaxation

NOV. 29/DEC. 1 - retesting