

SEP 10 2002

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE - FALL 2002

INSTRUCTOR: Leigh Goldie Office - K219 Phone - 539-2978
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CLASS TIMES: Lectures - Section A2, Monday & Wednesday, 10:00 - 11:20
Section B2, Wednesday & Friday, 1:00 - 2:20
Labs - L1 - Tuesday, 11:30 - 12:20
L2 - Tuesday, 1:00 - 1:50
L3 - Friday, 9:00 - 9:50
L4 - Thursday, 9:00 - 9:50

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 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)

TEXT: Greenberg, J.S., Dintiman, G. B., Oakes, B.M., Kossuth, J. D., & Morrow, D. (2000). *Physical fitness and wellness (Canadian Edition)*. Scarborough: Prentice-Hall Canada.

EVALUATION:

Test No. 1 - A2/B2 - Wed., Oct. 16	25%
Test No. 2 - A2/B2 - Wed., Dec. 4	25%
Labs/Workbook	30%
Presentation	20%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be at Test No. 1 and the second will be at Test No. 2. **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. One article each week will deal with health system issues while the other will relate to personal health and fitness.

PRESENTATIONS: Please read the accompanying handout for a detailed description.

COURSE SCHEDULE

() Chapters from textbook

Classroom

Labs

Week 1 - Sept. 2

Introduction, Course Outline

Week 2 - Sept. 9

Wellness and fitness (1)

Par-Q, Wellness Inventory
1.2

Week 3 - Sept. 16

Principles of Exercise (4), Cardiorespiratory Fitness (5)

Interval Training

Week 4 - Sept. 23

Cardiorespiratory Fitness (5)

Fitness Assessment

Week 5 - Sept. 30

Muscular Strength and Endurance (6)

Flexibility

Week 6 - Oct. 7

Flexibility (7), Posture, Back Care (7)

Posture pictures
and assessment

Week 7 - Oct. 14

Exercise Cautions

Test No. 1 - Wed., Oct 16

Week 8 - Oct. 21

Stress management (10)

Progressive Relaxation

Week 9 - Oct. 28

Nutrition (8)

Autogenic Training

Week 10 - Nov. 4

AIDS (13), Performance enhancing drugs (11)

Grocery Store Tour

Week 11 - Nov. 11

Body composition (9), Weight management, Eating Disorders

Body Composition

Week 12 - Nov. 18

Heart Disease (13) Cancer (13), Smoking, Alcohol (11)

Blood Pressure

Week 13 - Nov. 25

Fitness fraud (15), Exercise and the Elderly (15)

Fitness re-assessment

Week 14 - Dec. 2

Wrap-up and review

Test No. 2 - Wed., Dec. 4