



**DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND
KINESIOLOGY**

COURSE OUTLINE – FALL 2010

PE1100 – PERSONAL HEALTH AND FITNESS

INSTRUCTOR:	Leigh Goldie - lectures	PHONE:	780-539-2978
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OFFICE

HOURS: Call or e-mail for appointments

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 (1st 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.

Alpha Grade	4 – Point	Percentage	Descriptor
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.

EVALUATION:	Test No. 1 – week of Oct. 18	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 at the mid-term test and the second will be on the last day of classes. 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 – Sept. 2, Sept. 7

Introduction, course outline, Wellness and fitness (1)

1A, 1B (Classroom)

Week 2 – Sept. 13

Wellness and fitness (1) Exercise Issues/Principles (9)

9A – Skills Testing (Gym)

Week 3 – Sept. 20

Behaviour Modification (2)

Fitness Assessment (Gym)

Week 4 – Sept. 27

Cardiorespiratory Fitness (6)

Interval Training (Gym)

Week 5 – Oct. 4

Cardiorespiratory Fitness (6), Flexibility (8)

8B – Posture Evaluation(Gym)

8C – Flexibility (Gym)

Week 6 – Oct. 11

Posture, Back Care (8)

No labs - Thanksgiving

Week 7 – Oct. 18

Test No. 1 - Tues., Oct 19 - Sec. B2
 - Wed., Oct. 20 – Sec. A2

Progressive Relaxation(Class)

Week 8 – Oct. 25

Muscular Strength & Endurance (7)

Autogenic Training (Classroom)

10A, 10B, 10C, 10D

Week 9 – Nov. 1

Stress management (10)

Food Labels (Classroom)

Week 10 – Nov. 8

Nutrition (3),

No labs – Fall Break

Week 11 – Nov. 15

Nutrition (3), Body composition (4)

4B Body Composition (Classrm)

Week 12 – Nov. 22

Weight Management (5)

Blood Pressure (Classroom)

Week 13 – Nov. 29,

Heart Disease (11) Cancer (12)

Fitness re-assessment (Gym)

Week 14 – Dec. 6

Lifetime Fitness (13)

