



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2011

PE1100 – PERSONAL HEALTH AND FITNESS A2/B2 – 3(3-0-1)

INSTRUCTOR: Leigh Goldie - **PHONE:** 780-539-2978
classroom
Kathy Nilsson - labs 780-539-2231
OFFICE: K218 **E-MAIL:** lgoldie@gprc.ab.ca
K216 knilsson@gprc.ab.ca
OFFICE HOURS: By Appointment – call or e-mail

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 presentations and activity labs.

OBJECTIVES (OPTIONAL): 1. To develop a knowledge and understanding of the basic concepts of wellness, active living, physical fitness, nutrition and health promotion.
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 and 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**

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.

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
D⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EVALUATIONS:	Test No. 1 – Monday, October 24	25%
	Test No. 2 – Final Exam Week	25%
	Presentation	20%
	Labs/Workbook	30%

STUDENT RESPONSIBILITIES: Lab workbooks will be submitted twice during the term. The first due date will be Monday, October 25 and the second will be Monday, December 5. Late workbooks will not be accepted. Included in your workbook will be all labs completed during the course of the term. You will also include one newspaper article for each week of the term starting on September 12. 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 class.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Classroom () Chapters from textbook

Labs

Week 1 – Sept. 12

Introduction, course outline, Wellness and fitness (1)

1A, 1B (Classroom)

Week 2 – Sept. 19

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

Blood Pressure (Classroom)

Week 3 – Sept. 26

Behaviour Modification (2)

Interval Training (Gym)

Week 4 – Oct. 3

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

Week 5 – Oct. 10

Cardiorespiratory Fitness (6), Flexibility (8)

No labs - Thanksgiving

Week 6 – Oct. 17

Posture. Back Care (8)

8B – Posture Evaluation(Gym)

8C – Flexibility (Gym)

Week 7 – Oct. 24

Test No. 1

Progressive Relaxation(Class)

Week 8 – Oct. 31

Muscular Strength & Endurance (7)

Autogenic Training (Classroom)

10A, 10B, 10D

Week 9 – Nov. 7

Stress management (10)

Food Labels (Classroom)

Week 10 – Nov. 14

Nutrition (3),

4B Body Composition (Classrm)

Week 11 – Nov. 21

Nutrition (3), Body composition (4)

9A - Skills Testing (Gym)

Week 12 – Nov. 28

Weight Management (5)

Fitness Reassement (Gym)

Week 13 – Dec. 5

Heart Disease (11) Cancer (12)

