

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS**  
**PE 1100 - PERSONAL HEALTH AND FITNESS**  
**COURSE OUTLINE - WINTER 1996**

**INSTRUCTOR:** Leigh Goldie      Office K219      Phone 539-2978

**CLASS TIMES:** Lectures - Monday, Wednesday and Friday, 2:00 - 2:50  
Labs - AL1 - Monday 10:00 - 10:50  
AL2 - Wednesday 10:00 - 10:50

**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 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.

**TRANSFERABILITY:** University of Alberta      HE ED 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.

<b>EVALUATION:</b>	Lifestyle Project	25%
	Labs/Workbook	25%
	Test #1 - Wed., Feb. 7	15%
	Test #2 - Wed., Mar. 20	15%
	Test #3 - Wed., Apr. 10	20%

**LAB WORKBOOK:** On **Monday, April 1 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 (12) of the term. One article each week will deal with health system issues while the other will relate to fitness, wellness or active living. We will discuss the workbook in class as the term progresses.

## COURSE SCHEDULE

( ) Chapters from textbook

Jan. 5 - Introduction and course outline

Jan. 8 - Wellness (21)

Jan. 10 - Active Living

Jan. 12 - Informed consumer

Lab - Lifestyle project

Jan. 15 - Back care (16,17)

Jan. 17 - Exercise cautions, adherence

Jan. 19 - Posture - Kendra Mulligan

Lab - 16-18

\*with Nursing

Jan. 22 - Nutrition (22)

Jan. 24 - Nutrition (22)

Jan. 26 - Dietitian - Joanne Schweitzer

Lab - 22

Jan. 29 - Body composition (13)

Jan. 31 - Controlling fatness (14)

Feb. 2 - Stress and coping - Ardis Lawrence

Lab - 13

\* with Nursing

Feb. 5 - Stress management (23)

Feb. 7 - TEST NO. 1

Feb. 9 - Return test, fitness testing

Lab - 23

\*with Nursing

Feb. 12 - Alcohol, drugs (25,26)

Feb. 14 - Other threats (28)

Feb. 16 - AIDS - Mary Jean Vangenne

Lab - 25, 26, 27

\*with Nursing

Feb. 19 - Family Day - no class

Feb. 21 - Physical fitness, benefits

Feb. 23 - Exercise

Mar. 4 - Health promotion - Sheila Elliott

Mar. 6 - Muscular strength (10-12) - Jeff McGinn

Mar. 8 - Muscular strength (10-12) - Jeff McGinn

Lab - 12

Mar. 11 - Health promotion - Sheila Elliott

Mar. 13 - Energy systems

Mar. 15 - Energy systems

Lab - Intervals

Mar. 18 - Cardiovascular fitness (6)

Mar. 20 - TEST NO. 2

Mar. 22 - Return test, Aerobic & anaerobic exercise ( 7)

Mar. 25 - Flexibility (8)

Mar. 27 - Quality Daily Physical Education

Mar. 29 - Careers in fitness

Lab - 8, 9

Apr. 1 - Community programs, WORKBOOKS DUE

Apr. 3 - Community programs

Apr. 5 - Good Friday - no class

Apr. 8 - Review, wrap-up

Apr. 10 - TEST NO. 3