

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS**  
**PE 1100 - PERSONAL HEALTH AND FITNESS**  
**COURSE OUTLINE - WINTER 1998**

**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        PHED 2xx(3)

**TEXT:** Hoeger, W. K. & Hoeger, S. A. (1997). Principles and labs for fitness and wellness (4th ed.). Englewood, CO: Morton Publishing.

<b>EVALUATION:</b>	Labs/Workbook	30%
	Project	25%
	Test No. 1 - Fri., Feb. 20	20%
	Test No. 2 - Wed., Apr. 15	25%

**LAB WORKBOOK:** Lab workbooks will be submitted twice during the term. The first due date will be Wednesday, February 18 by 4:00 PM in my office. The second due date is Monday, April 13 by 4:00 PM in 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 (13) 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.

**PROJECT:** You will have a choice of projects. One will be developing a fitness program while the other will be an exploration of the internet in relation to topics covered in class. These will be detailed in separate handouts. Projects are due on Wednesday, April 15 by 4:00 PM in my office. **Late projects will not be accepted.**

**COURSE SCHEDULE**

() Chapters from textbook

**Classroom - Mon., Wed., Fri.****Labs - Monday or Wednesday**

Jan. 7 Introduction, Course Outline  
Jan. 9 Wellness & Fitness (1)

1B

Jan. 12 Wellness & Fitness  
Jan. 14 Energy systems  
Jan. 16 Blood pressure - Sandy Telfer

1A, Fitness Assessment

Jan. 19 Energy systems  
Jan. 21 Cardiorespiratory exercise (5)  
Jan. 23 " " (6)

5B, 6A, 6B, 6C

Jan. 26 Cardiorespiratory exercise (6)  
Jan. 28 Strength training (7)  
Jan. 30 " " (8)

8A, Strength training

Feb. 2 Flexibility (9)  
Feb. 4 " " (10)  
Feb. 6 Posture, Back care - Kendra Mulligan

9B, 10B

Feb. 9 Cardiovascular disease (12)  
Feb. 11 " "  
Feb. 13 Health promotion - Speaker

Grocery store tour

Feb. 16 Family Day - no class  
Feb. 18 Health promotion  
Feb. 20 Test No. 1

Mar. 2 Return test, discuss workbooks  
Mar. 4 CCAA  
Mar. 6 CCAA

Mar. 9 Nutrition (2)  
Mar. 11 " "  
Mar. 13 " " - Danielle Wohlgemuth

2A

Mar. 16 Body composition (3)  
Mar. 18 Weight management (4)  
Mar. 20 Eating Disorders

3B, 3C, 4A, 4B, 4C

Mar. 23 Stress management (14)  
Mar. 25 " "  
Mar. 27 Canadian Active Living Challenge

14A, 14B, 14C, 14E

Mar. 30 Cancer (13)  
Apr. 1 Smoking (15)  
Apr. 3 AIDS (16) - Sandy Schmidt

Interval training

Apr. 6 Exercise cautions  
Apr. 8 Fraud and quackery (17)  
Apr. 10 Good Friday - no class

Fitness Re-assessment

Apr. 13 Careers in fitness and Health Promotion  
Apr. 15 Test No. 2