GRANDE PRAIRIE REGIONAL COLLEGE DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY PE 1100 - PERSONAL HEALTH AND FITNESS COURSE OUTLINE WINTER 1999

INSTRUCTOR: Leigh Goldie

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CLASS TIMES: Lectures - Tuesday and Thursday, 1:00 - 2:20

Labs - AL1 - Friday, 12:00 - 12:50 AL2 - Friday, 1:00 - 1:50

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.

 To identify health and fitness as resources and major components in achieving quality life.

 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

KNES 1000(3)

TEXT: Hoeger, W. K. and Hoeger, S. A. (1999). Principles and labs for fitness and wellness (5th ed.). Englewood, CO: Morton Publishing.

EVALUATION:

 Test No. 1 - Thurs. Oct. 21
 25%

 Test No. 2 - Thurs. Dec. 9
 25%

 Labs/Workbook
 40%

 Presentation
 10%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be <u>Thursday</u>, <u>October 21</u> at the test and the second will be <u>Thursday</u>, <u>December 9</u> at the test. 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 see the accompanying handout for a detailed description.

COURSE SCHEDULE

() Chapters from textbook

Classroom - Tuesday, Thursday,	Lake Treater
	Labs = Friday
Sept. 9 Introduction, Course Outline	
Sept. 14 Wellness (1)	2A, Wellness Inventory
Sept. 16 Wellness and fitness (1)	an, weaters inventory
Sept. 21 Energy systems	Blood Pressure
Sept. 23 Energy systems	
Sept. 28 Cardiorespiratory exercise (6)	Interval Training
Sept. 30 " (7)	
Oct. 5 Flexibility (9)	9B, 9C
Oct. 7 Posture, back care	12000
Oct. 12 Strength training (8)	Fitness Assessment, 1A
Oct. 14 " (8)	To a second seco
Oct. 19 Cardiovascular disease (12)	Progressive Relaxation
Oct. 21 Test No. 1	
Oct. 26 Stress management (11)	11A, 11B, 11C, 11E
Oct. 28 - (11)	Autogenic Training
Nov. 2 Nutrition (3)	Nutrition analysis
Nov 4 " (3)	
Nov. 9 Body composition (4)	No lab - College closed
Nov. 11 Remembrance Day - no class	
Nov. 16 Weight management (5)	4B, 5A, 5B
Nov. 18 Eating disorders	
Nov. 23 Exercise cautions	Grocery Store Tour
Nov. 25 Fraud and quackery (16)	
Nov. 30 Cancer (13), Smoking (14)	Fitness re-assessment
Dec. 2 AID8 (15)	13A, 13B, 15A, 15C
Dec. 7 Wrap-up and review	
Dec. 9 Test No. 2	