

JAN 16 2001

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE - WINTER 2001

INSTRUCTOR: Leigh Goldie Office - K219 Phone - 539-2978
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CLASS TIMES: Lectures - Section A3 - Tuesday & Thursday, 1:00 - 2:20
Section B3 - Tuesday & Thursday, 11:00 - 12:20

Labs - AL1 - Wednesday, 2:00 - 2:50
AL2 - Wednesday, 4:00 - 4:50
BL1 - Monday, 4:00 - 4:50

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 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)

TEXT: Greenberg, J.S., Dintiman, G. B., Oakes, B.M., Kossuth, J. D., & Morrow, D. (2000). *Physical fitness and wellness (Canadian Edition)*. Scarborough: Prentice-Hall Canada.

EVALUATION:

Test No. 1 - Thurs., Feb. 22	25%
Test No. 2 - Thurs., April 12	25%
Labs/Workbook	25%
Fitness Project	15%
Presentation	10%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be Thursday, February 22 at the test and the second will be Thursday, April 12 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 read the accompanying handout for a detailed description.

COURSE SCHEDULE

() Chapters from textbook

Classroom – Tuesdays, Thursdays

Jan. 4 Introduction, Course Outline
Jan. 9 Wellness (1)
Jan. 11 Wellness and fitness (1)
Jan. 16 Principles of Exercise (4)
Jan. 18 Cardiorespiratory Exercise (5)
Jan. 23 Cardiorespiratory exercise (5)
Jan. 25 Strength Training (6)
Jan. 30 Strength training (6)
Feb. 1 Flexibility (7)
Feb. 6 Posture, Back Care (7)
Feb. 8 Exercise Cautions
Feb. 13 Stress Management (10)
Feb. 15 Stress Management (10)
Feb. 20 Exercise Fraud and Quackery (16)
Feb. 22 Test No. 1
Mar. 6 Return test
Mar. 13 Nutrition (8)
Mar. 15 " (8)
Mar. 20 Body Composition (9), Eating Disorders
Mar. 22 Weight Management (9)
Mar. 27 Heart Disease (13)
Mar. 29 Cancer (13) / Tobacco (11)
Apr. 3 AIDS (13)
Apr. 5 Performance Enhancing Substances (11)
Apr. 10 Wrap-up and review
Apr. 12 Test No. 2

Labs – Monday, Wed,

Introduction
Interval Training
Fitness Assessment
Weight Room
Posture pictures
Kick Boxing
Progressive Relaxation
Autogenic Training
CCAA VB Nationals
Grocery Store Tour
Body Composition
Blood Pressure
Fitness re-assessment