GRANDE PRAIRIE REGIONAL COLLEGE DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY PE 1100 - PERSONAL HEALTH AND FITNESS COURSE OUTLINE - WINTER 2002

INSTRUCTORS: Lectures - Leigh Goldie

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CLASS TIMES: Lectures - Section B3, Tuesday & Thursday, 10:00 - 11:20 Section A2, Tuesday & Thursday, 1:00 - 2:20

Labs - L1 - Friday, 1:00 - 1:50

L2 - Monday, 2:30 - 3:20

L3 - Wednesday, 2:30 - 3:20

L4 - Friday, 2:30 - 3:20

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.

- 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 funess and wellness (Canadian Edition). Scarborough: Prentice-Hall Canada.

EVALUATION:

Test No. 1 - Thurs., Feb. 21

25%

Test No. 2 - Thurs., April 11

25%

Labs/Workbook

35%

Presentation

15%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be at Test No. 1 and the second will be at Test No. 2. 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

Week 13 - April 1

Week 14 - April 8

Nov. 26 Fitness fraud (15), Exercise and the Elderly (15)

Wrap-up and review, April 11 - Test No. 2

() Chapters from textbook

Classroom Labs Week 1 - Jan. 3 Introduction, Course Outline Week 2 - Jan. 7 Par-Q, Welbiess Inventory Wellness and fitness (1) 1.2 Week 3 - Jan. 14 Interval Training Principles of Exercise (4), Cardiorespiratory Fitness (5) Week 4 - Jan. 23 Fitness Assessment Cardiorespiratory Fitness (5) Week 5-Jan. 28 Posture Pictures Flexibility (7), Posture, Back Care (7) Week 6 - Feb. 4 Flexibility Muscular Strength and Endurance (6) Week 7 - Feb. 11 Progressive Relaxation Stress management (10) Week 8 - Feb. 18 Autogenic Training Exercise Cautions, Feb. 21 - Test No. 1 Week 9 - March 4 Grocery Store Tour Nutrition (8) No lab - Volleyball Week 10 - March 11 AIDS (13) Nationals Week 11 - March 18 Body Composition Body composition (9), Weight management, Eating Disorders Week 12 - March 25 Blood Pressure Heart Disease (13) Cancer (13), Smoking, Alcohol (11)

Fitness re-assessment