

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE - WINTER 2003

INSTRUCTORS: Lectures - Leigh Goldie	Office - K219	Phone - 539-2978
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CLASS TIMES: Lectures - Section B3, Tuesday & Thursday, 10:00 - 11:20
 Section A3, Tuesday & Thursday, 1:00 - 2:20
 Labs - L1 - Monday, 11:30 - 12:20
 L2 - Wednesday, 1:00 - 1:50
 L3 - Friday, 12:00 - 12:50
 L4 - 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.
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. 20	25%
	Test No. 2 - Thurs., April 11	25%
	Labs/Workbook	30%
	Presentation	20%

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 April 15. **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

Week 1 – Jan. 6

Introduction, Course Outline, Wellness

Week 2 – Jan. 13

Wellness and fitness (1)

Week 3 – Jan. 20

Principles of Exercise (4), Cardiorespiratory Fitness (5)

Week 4 – Jan. 27

Muscular Strength and Endurance (6)

Week 5 – Feb. 3

Flexibility (7), Posture, Back Care (7)

Week 6 – Feb. 10

Children's Fitness Issues

Week 7 – Feb. 17

Exercise Cautions, Feb. 20 – Test No. 1

Week 8 – March 3

Stress management (10)

Week 9 – March 10

AIDS (13), Nutrition (8)

Week 10 – March 17

Nutrition (8), Body composition (9)

Week 11 – March 24

Weight management, Eating Disorders

Week 12 – March 31

Heart Disease (13) Cancer (13), Smoking, Alcohol (11)

Week 13 – April 7

Fitness fraud (15), Exercise and the Elderly (15)

Week 14 – April 14

Wrap-up and review

Labs

Par-Q, Wellness Inventory
1.1

Interval Training

Fitness Assessment

Weight Room Orientation

Flexibility

Posture Pictures

No lab – test week

Progressive Relaxation

Autogenic Training

Body Composition

Grocery Store Tour

Blood Pressure

Fitness re-assessment

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PRESENTATIONS

This assignment is worth 20% of your total mark for the course. You will work with one other person and prepare a 15 - 20 minute presentation for class. The topic you choose should be one that we have not had time to cover in detail during class time. Topics are available on a first-come basis. Presentation dates and times will be scheduled by the instructor.

1. You will have 15 - 20 minutes of class time to present your topic. Following your presentation, we will allow 5 - 10 minutes for questions and discussion. Please feel free to be creative in your method of presentation. You will be responsible for booking TV/VCR's, power point projectors, etc., at your site. This needs to be done at least one week before your presentation.
2. In addition to the presentation, you will prepare a three to four page paper for the instructor. This will include the key points of your presentation, at least two current references and two internet sites, and three short answer test questions worth 2 - 3 marks each. Your group should share the questions with the class as part of the presentation. One of the three questions will be selected for the next test.
3. In your presentation you should talk about the latest research in regard to your topic and if the issue is controversial, present both sides of the argument. Having considered all this, present your final thoughts on the subject.
4. Ten of your marks will be based on a peer evaluation of your actual presentation while the other ten marks will be based on the quality and completeness of your paper and will be graded by the instructor.

Possible topics - these could include "myths" or analysis of special programs in any of the areas we have covered in class, such as strength training, various diets, exercise equipment, fitness programs, etc. Sample topics would include Weight Watchers, the "Zone" diet, Tac-Bo, Tai Chi, plyometrics, pilates, yoga, acupuncture, reflexology, magnetic therapy, body wraps, tanning beds and aromatherapy. Another area would be dietary supplements and performance enhancers including such products as steroids, beta carotene, chaparral, creatine, echinacea, ephedrine, ginseng, melatonin, multivitamins, cava-cava, St. John's wort, vitamin C, vitamin E, selenium and zinc, etc. There are also many other possibilities. Choose something you are interested in. Please have your topic approved before you proceed.

NEWSPAPER ARTICLES

Your Lab workbook should include a section of newspaper articles for each week of class. The articles should be cut out of a paper (no photocopies) and attached to a blank sheet of paper. Be sure to indicate the following items for each article: the name of the newspaper; the page of the article; the date of the article; whether it deals with a "personal health issue" or a "health system issue".

There are many articles every day in both of these areas, so you shouldn't have a problem finding material. Please remember that advertisements and sports articles are not acceptable.