

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE – WINTER 2008

INSTRUCTORS: Lectures Leigh Goldie Office - K218 Phone - 539-2978
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Labs Harry Stevens Office – K219 Phone – 539-2974
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CLASS TIMES: Lectures – Section A3, Tuesday & Thursday, 10:00 – 11:20
Section B3, Tuesday & Thursday, 1:00 – 2:20
Labs - L1 – Monday, 12:00 – 12:50
L2 – Tuesday, 12:00 – 12:50
L3 – Friday, 12:00 – 12:50
L4 – Friday, 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 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: Hoeger, W.K.K., and Hoeger, S.A. *Principles and labs for fitness and wellness (9th edition)*. Belmont, CA: Wadsworth/Thomson Learning, 2008.

EVALUATION: Test No. 1 – Thurs., Feb. 14 25%
Test No. 2 – Final exam week 25%
Labs/Workbook 30%
Presentation 20%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be Tuesday, Feb. 12 and the second will be Thursday, April 10. **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 one newspaper article for each week of the term. The article will deal with a health system or a personal health and fitness issue and will include a short commentary on how that issue could affect your personal situation.

PRESENTATIONS: Please read the accompanying handout for a detailed description.

GRADING SYSTEM:

The following system will be used for converting percentage grades to alpha grades.

<u>Alpha Grade</u>	<u>4 – Point</u>	<u>Percentage</u>	<u>Descriptor</u>
A+	4.0	90 – 100	Excellent
A	4.0	85 – 89	Excellent
A-	3.7	80 – 84	First Class Standing
B+	3.3	76 – 79	First Class Standing
B	3.0	73 – 75	Good
B-	2.7	70 – 72	Good
C+	2.3	67 – 69	Satisfactory
C	2.0	64 – 66	Satisfactory
C-	1.7	60 – 63	Satisfactory
D+	1.3	55 – 59	Poor
D	1.0	50 – 54	Minimal Pass
F	0.0	0 – 49	Fail

***There might be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

COURSE SCHEDULE

() Chapters from textbook

Classroom

Labs

Week 1 – Jan. 3

Introduction, course outline, Wellness and fitness (1)

Week 2 – Jan. 7

Wellness and fitness (1)

1B, 1C (Classroom)

Week 3 – Jan. 14

Behaviour Modification (2), Exercise Issues/Principles (9)

9A – Skill-Related Fitness (Gym)

Week 4 – Jan. 21

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

Week 5 – Jan. 28

Cardiorespiratory Fitness (6)

Interval Training (Gym)

Week 6 – Feb. 4

Muscular Strength and Endurance (7)

8B – Posture Evaluation (Gym)

8C – Flexibility (Classroom)

Week 7 – Feb. 11

Flexibility (8), Posture, Back Care (8)

– lab books due Tuesday, Feb. 12

– Test No. 1 on Thursday, Feb. 14

Progressive Relaxation(Classroom)

Week 8 – Feb. 25

Stress management (10)

Autogenic Training (Classroom)

10A, 10B, 10C, 10E

Week 9 – March 3

Stress management (10), HIV/AIDS (14)

Food Labels (Classroom)

Week 10 – March 10

Nutrition (3)

4B- Body Composition (Classroom)

Week 11 – March 17

Nutrition (3)

No labs – Good Friday

Week 12 – March 24

Weight management (5), Eating Disorders

Blood Pressure (Classroom)

Week 13 – March 31

Heart Disease (11), Cancer (12)

Fitness re-assessment (Gym)

Week 14 – April 7

Fitness fraud (15), Wrap-up and review

- lab books due Thursday, April 10