

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE – WINTER 2009

INSTRUCTORS: Lectures	Leigh Goldie	Office - K218 Phone - 539-2978 E-mail – lgoldie@gprc.ab.ca
Labs	Harry Stevens	Office – K219 Phone – 539-2974 E-mail – hstevens@gprc.ab.ca

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. 26	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. 24 and the second will be Tuesday, April 7. **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.

Alpha Grade	4 – Point	Percentage	Descriptor
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. 5

Introduction, course outline, Wellness and fitness (1)

Week 2 – Jan. 12

Wellness and fitness (1), Behaviour Modification (2)

1B, 1C (Classroom)

Week 3 – Jan. 19

Skill Fitness/Programming (9), Cardiorespiratory End. (6)

9A – Skill-Related Fitness (Gym)

Week 4 – Jan. 26

Cardiorespiratory Endurance (6)

Fitness Assessment (Gym)

Week 5 – Feb. 2

Muscular Strength and Endurance (7)

Interval Training (Gym)

Week 6 – Feb. 9

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

8B – Posture Evaluation (Gym)

8C – Flexibility (Classroom)

Week 7 – Feb. 23

Stress management (10)

– lab books due Tuesday, Feb. 24

– Test No. 1 on Thursday, Feb. 26

Progressive Relaxation(Classroom)

Week 8 – Mar. 2

Stress management (10), Nutrition (3)

Autogenic Training (Classroom)

10A, 10B, 10C, 10E

Week 9 – March 9

Nutrition (3), HIV/AIDS (14)

Food Labels (Classroom)

Week 10 – March 16

Nutrition (3), Body Composition (4)

4B- Body Composition (Classroom)

Week 11 – March 23

Weight management (5), Eating Disorders

Blood Pressure (Classroom)

Week 12 – Mar. 30

Heart Disease (11)

Fitness re-assessment (Gym)

Week 13 –Apr. 6

Cancer (12)

- lab books due Tuesday, April 7

No labs – Good Friday

Week 14 – April 13

Fitness fraud (15), Wrap-up and review