

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.

Guidelines on Cell Phones and Other Personal Electronic Devices

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- Some instructors may have penalties for violations. If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

COURSE SCHEDULE

() Chapters from textbook

Classroom

Labs

Week 1 – Jan. 4

Introduction, course outline, Wellness and fitness (1)

Week 2 – Jan. 11

Wellness and fitness (1), Behav. Mod. (2)

1A, 1B (Classroom)

2A, 2B

Week 3 – Jan. 18

Exercise Issues/Principles (9)

9A – Skill-Related Fitness (Gym)

Week 4 – Jan. 25

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

Week 5 – Feb. 1

Cardiorespiratory Fitness (6)

Interval Training (Gym)

Week 6 – Feb. 8

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

8B – Posture Evaluation (Gym)

8C – Flexibility (Classroom)

Week 7 – Feb. 15

Muscular Strength and Endurance (7)

– lab books due Tuesday, Feb. 16

– Test No. 1 on Thursday, Feb. 18

Progressive Relaxation(Classroom)

Week 8 – Feb. 22

Stress management (10)

Autogenic Training (Classroom)

10A, 10B, 10D

Week 9 – March 1

Stress management (10)

Food Labels (Classroom)

Week 10 – March 15

Nutrition (3)

4B- Body Composition (Classroom)

Week 11 – March 22

Nutrition (3), Body composition (4)

Blood Pressure (Classroom)

Week 12 – Mar. 29

Weight management (5)

No labs – Good Friday

Week 13 – Apr. 5

Heart Disease (11), Cancer (12)

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Fitness Re-Assessment (Gym)

Week 14 – April 12

Lifetime Fitness and Wellness (13)

- lab books due Tuesday, April 13

PE 1100 - FITNESS PRESENTATIONS

This assignment is worth 20% of your total mark for the course. You will work with two other people 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 five to seven page paper for the instructor. This will include the key points of your presentation, at least four current references 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 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 popular diets (Weight Watchers, the “Zone” diet, etc.), exercise programs (Tai Chi, plyometrics, Pilates, yoga, etc.) or alternative therapies (acupuncture, reflexology, magnetic therapy, body wraps, aromatherapy, etc.) Other topics would be dietary supplements and performance enhancers including such products as steroids, creatine, echinacea, ginseng, multivitamins, vitamin C, vitamin E, etc. There are also many other possibilities including eating disorders, child obesity, vegetarianism, fast foods, energy drinks, genetically modified foods and tanning beds. If you have another topic that is not on this list you can check with the instructor to see if it is appropriate. Be sure to choose something you are interested in. Please have your topic approved before you proceed.

NEWSPAPER ARTICLES

Your Lab workbook should include a section of a newspaper article for each week of class. You will select **one article each week** dealing with either a *personal* health issue or a *health system* issue. The article can be cut out of a paper (no photocopies) or printed from the internet and attached to a blank sheet of paper. Then you will write a **3-4 sentence commentary** talking about your own reaction to the article. Be sure to indicate the following items for each article: the name of the newspaper; the page of the article; and the date of the article.

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.

