

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE – Winter 2024

PE1210 (A3): Introduction to Personal Physical Fitness – 3 (3-0-1) 60 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR:	Lorelle Warr	PHONE:	780-539-2978
OFFICE:	K215	E-MAIL:	lwarr@nwpolytech.ca
OFFICE HOURS:	By Appointment		
LAB INSTRUCTOR:	Brendan Shaffick	PHONE:	780-539-2990
OFFICE:	K217	E-MAIL:	bshaffick@nwpolytech.ca

CALENDAR DESCRIPTION: This course examines the biological foundations of physical activity/exercise and the components of health-related physical fitness as compared to health, chronic disease, and performance; and explores physical activity guidelines and exercise prescription for healthy adults.

PREREQUISITE(S)/COREQUISITE: N/A

REQUIRED TEXT/RESOURCE MATERIALS: Reading materials will be provided on myClass.

DELIVERY MODE(S): instructional time will include lecture, class discussions, group work, self-reflection, and examinations. The labs will consist of physical exercise and hands on activities.

LEARNING OUTCOMES:

Upon successful completion of this course, students will be able to:

1. Evaluate the impact of the dimensions of wellness on a person's overall well-being, with a focus on the physical dimension of wellness.

2. Describe and define the health-related components of physical fitness and identify the difference from skill-related components of physical fitness.
3. Identify the significance of and participate in fitness assessments for apparently healthy adults.
4. Outline the basics of exercise prescription for apparently healthy individuals, based on physical fitness assessment scores.
5. Recognize the effects of sedentary lifestyles, poor nutrition, and stress on chronic diseases such as heart disease, obesity, cancer, and diabetes.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

EVALUATIONS:

All due dates and times are in MST.

Midterm	February 29 th in class	15%
Labs	Thursdays @ 11:59pm on due dates	30%
Classroom Assignments	Varies @ 11:59pm on due dates	20%
Final Exam Part 1: Final Project	TBD	20%
Final Exam Part 2: Exam	TBD (80 minutes)	15%
Total		100%

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

This schedule may be adjusted if necessary. **Labs are in M119 unless otherwise stated.**

	Tuesday Lecture	Readings	Thursday Lecture	Readings	Friday Labs
Jan 8-12	Introduction		Health & Fitness	AFLCA (2012) Insel et al. (2016)	No Lab
Jan 15-19	Health & Fitness	AFLCA (2012) Insel et al. (2016)	Evaluating Sources	Bring Computer	Weight Rm. 101
Jan 22-26	Health & Fitness	AFLCA (2012) Insel et al. (2016)	Lifestyle Factors		Meditation
Jan 29-Feb 2	Chronic Diseases	Websites: links on myClass	Stress	Boule & Prud'humme (2020)	RHR/RBP
Feb 5-9	Physiological Responses		Physiological Responses		Pre-Screening
Feb 12-16	Pre-Screening	CSEP (2017) CSEP Informed Consent CSEP Pre-Screening Tool	Behaviour Modification	CSEP (2013) Jackson (2010)	Goal Setting
Feb 19-23	Winter Break				
Feb 26-Mar 1	Behaviour Modification	CSEP (2013) Jackson (2010)	Midterm Exam		Body Composition
Mar 4-8	Body Composition	CSEP (2021)	Fitness Testing	Heyward & Gibson (2014)	Fitness Testing (Gym)
Mar 11-15	Using Resources (Alward Lab)	Bring Computer	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Aerobic Training (Fitness Center)
Mar 18-22	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Resistance Training	Singh et al. (2019) Joint Movements	Interval Training (M121)
Mar 25-29	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Fiataroone Singh et al. (2019) Sands et al. (2012) Ch. 1 & 2	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Singh et al. (2019)	Good Friday – No Lab
Apr 1-5	Flexibility	Jefferys (2016)	Evaluating Exercise Plans	Bring Computer	Stretching (M121)
Apr 8-12	Evaluating Exercise Plans	Bring Computer	Final Project	Bring Computer	No Lab

STUDENT RESPONSIBILITIES:

Labs: Attendance to labs ARE mandatory. Only excused absences will be able to make up the lab. This needs to be discussed prior the absence, if sick and unable to attend an email, to the correct Lab Instructor (check the schedule above), is required prior to the start of lab and a doctor's note may be required before the lab can be completed.

Late Assignments: Assignments will be deducted 10% for each day it is late. If you are struggling to complete your assignment on time due to unexpected circumstances, email the instructor prior to the due date.

Time Management: Adopting and adhering to effective learning habits in this course will likely take up a great deal of time so plan your schedule accordingly. It is difficult to catch up once a student falls behind in required readings and exercises.

Cell Phones: The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class is therefore will not be tolerated.

Email: Email is the preferred option to communicate with your instructor. **Email correspondence to your instructor must be sent from your NWP student email account.** Emails should be professionally formatted and include a subject, correct spelling and grammar, and a reference to course material and/or textbook pages, etc. Emails that do not adhere to this format may not be responded to.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

****Note:** all Academic and Administrative policies are available on the same page.