

Department of Kinesiology and Health Sciences

COURSE OUTLINE – Spring 2024

PE1210 (EC): Introduction to Personal Physical Fitness – 3 (3-0-1) 60 Hours for 8 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 via zoom Mondays -Thursdays		

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: None

REQUIRED TEXT/RESOURCE MATERIALS: Reading materials or links are available on myClass.

DELIVERY MODE(S): Self-directed engagement in learning content which includes: readings, PowerPoint presentations, learning activities (some learning activities include exercise), quizzes, and assignments.

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:

Weekly Assessments	Thursdays @ 11:59pm	50%
<i>Details and schedule are available on myClass.</i>		
Quizzes		
Assignments		
Learning Activities**		
Note: Learning activities will require a video submission of you completing the exercise-based activity. To ensure academic integrity, at the start of each video you need to face the camera and hold up a photo-based ID (e.g. student ID card with a picture).		
Final Project:	Friday June 28 @ 11:59pm	20%
<i>Details are available on myClass.</i>		
Exercise Prescription Assignment		
Final Exam	June 24-28 @ 11:59pm	30%
Final exam must be completed at a Testing Centre between June 24-28, 2024, details are available on myClass.		
Note: This will likely involve a Testing Centre based Exam fee that is your responsibility.		
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:

Week 1: Health and Fitness	Due May 9 @ 11:59pm
Week 2: Chronic Disease	Due May 16 @ 11:59pm
Week 3: Pre-Screening	Due May 23 @ 11:59pm
Week 4: Fitness Assessment	Due May 30 @ 11:59pm
Week 5: Exercise Prescription Basics	Due June 6 @ 11:59pm
Week 6: Aerobic Training	Due June 13 @ 11:59pm
Week 7: Resistance Training	Due June 20 @ 11:59pm
Week 8: Final Project & Final Exam	Due June 28 @ 11:59pm (Friday)

STUDENT RESPONSIBILITIES:

- As this is an online course, it is imperative that you plan time to work on the course regularly. If you fall behind it will be difficult to catch up. You are responsible for completing all assignments, exams, discussions, and learning activities through the week and reviewing slides, and readings posted on myClass.
- Instructions for all evaluations will be provided on myClass, including due dates and grading criteria.
- Learning activities, assignments and quizzes must be completed by the due date. No extensions will be granted unless documentation can be provided for medical or family emergencies.
- Assignments will be deducted 10% for late submissions for up to 3 days. After 3 days, late submissions will not be accepted unless documentation can be provided for medical or family emergencies.
- If you have a significant issue or concern (e.g. illness or family emergency), contact your instructor as soon as possible.

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.

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