

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 - Sept. 1

Introduction, Course Outline

Week 2 – Sept. 8

Wellness and fitness (1), Exercise Issues/Principles (9)

1A, 1B (Classroom)

Week 3 – Sept. 15

Behavior Modification (2), Cardiorespiratory Fitness (6)

9A – Skills Testing

Week 4 – Sept. 22

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

Week 5 – Sept. 29

Muscular Strength and Endurance (7)

Interval Training (Gym)

Week 6 – Oct. 6

Flexibility (8)

8B – Posture Evaluation (Gym)

8C – Flexibility (Gym)

Week 7 – Oct. 13

Posture, Back Care (8)

Progressive Relaxation (Classroom)

Week 8 – Oct. 20

Test No. 1 - Wed., Oct 22 (Sec. A2/B2) – lab books due

Autogenic Training (Classroom)

10A, 10B, 10C, 10E

Week 9 – Oct. 27

Stress management (10)

Food Labels (Classroom)

Week 10 – Nov. 3

Nutrition (3), Body composition (4),

4B - Body Composition Classroom

Week 11 – Nov. 10

Weight Management (5)

No Labs – Fall Break

Week 12 – Nov. 17

Heart Disease (11) Cancer (12)

Blood Pressure (Classroom)

Week 13 – Nov. 24

HIV/AIDS (14), Smoking (13)

Fitness re-assessment (Gym)

Week 14 – Dec. 1

Lifetime Fitness (15) - **lab books due Wed., Dec. 3**