

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE – WINTER 2004

INSTRUCTORS: Lectures, Lab L2 - Leigh Goldie Office - K219 Phone - 539-2978
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Labs L1, L3, L4 – Ron Thomson Office – K217 Phone – 539-2901
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CLASS TIMES: Lectures – Section A3, Tuesday & Thursday, 10:00 – 11:20
Section B3, Tuesday & Thursday, 1:00 – 2:20
Labs - L1 – Monday, 11:30 – 12:20
L2 – Thursday, 11:30 – 12:20
L3 – Friday, 12:00 – 12:50
L4 – Friday, 1:00 – 1:50

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* (7th edition). Belmont, CA: Wadsworth/Thomson Learning, 2004.

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 at Test No. 1 and the second will be April 15. **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 two newspaper articles for each week of the term. One article each week will deal with health system issues while the other will relate to personal health and fitness.

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.

<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.

COURSE SCHEDULE

() Chapters from textbook

Classroom

Labs

Week 1 – Jan. 5

Introduction, course outline

Week 2 – Jan. 12

Wellness and fitness (1)

1A, 1B

Week 3 – Jan. 19

Behaviour Modification (2), Cardiorespiratory Fitness (6)

Interval Training

Week 4 – Jan. 26

Cardiorespiratory Fitness (6)

Fitness Assessment

Week 5 – Feb. 2

Muscular Strength and Endurance (6)

8C

Week 6 – Feb. 9

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

8B

Week 7 – Feb. 23

Exercise Considerations (9), **Feb. 26 – Test No. 1**

No lab – test week

Week 8 – March 1

Stress management (10)

Progressive Relaxation

Week 9 – March 8

HIV/AIDS (14), Nutrition (3)

Autogenic Training

Week 10 – March 15

Nutrition (3), Body composition (4)

Body Composition
10A, 10B, 10D

Week 11 – March 22

Weight management (5), Eating Disorders

Grocery Store Tour

Week 12 – March 29

Heart Disease (11), Cancer (12)

Blood Pressure

Week 13 – April 5

Fitness fraud (15), Selected Issues

Fitness re-assessment

Week 14 – April 12

Wrap-up and review