

LEARNING OUTCOMES:

Through completion of this course, students will be able to:

1. Appreciate the physical dimensions of wellness as a major component in a person's overall well-being
2. Lead a healthy adult lifestyle through a fitness assessment
3. When given physical fitness scores, be able to prescribe a scientifically based fitness prescription
4. Identify the differences between health-related and fitness-related physical activity programs
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:

Midterm	Feb 15 in class	15%
Labs	Varies @ 11:59pm on due dates	20%
Classroom Assignments	Varies @ 11:59pm on due dates	30%
Final Exam Part 1: Exercise Prescription Assignment	TBD	20%
Final Exam Part 2: Exam	TBD	15%
Total		100%

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

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	90-100	C+	2.3	67-69
A	4.0	85-89	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:

	Monday Lectures 2:30-3:50pm	Readings	Wednesday Lectures 2:30-3:50pm	Readings	Wednesday Labs L2- 9-9:50am L3- 10-10:50am
Jan 4-6			Introduction		No Lab
Jan 9-13	Health and Fitness	AFLCA (2012) Insel et al. (2016)	Sedentary Behaviour <i>(Last day to add/ drop)</i>	Panahi & Tremblay (2018)	No Lab
Jan 16-20	Obesity	Boule & Prud'homme (2020)	Basic Research Skills Learning Commons		Body Composition (M119)
Jan 23-27	Heart Disease	Heart and Stroke Foundation (2011) Heart and Stroke Foundation Infographic (n.d.)	Diabetes	Diabetes Canada (2020) Sigal et al. (2018)	RHR/RBP (M119)
Jan 30-Feb 3	Cancer	Lugo et al. (2019)	Pregnancy	Mottola et al. (2019)	Pre-Screening (M119)
Feb 6-10	Pre-Screening	CSEP (2017) CSEP Informed Consent CSEP-CPT Pre-Screening Tool	Behaviour Modification	CSEP (2013) Jackson (2010)	Weight Room Tour (Fitness Center)
Feb 13-17	Basic Components of Physical Fitness	Insel et al. (2016)	Midterm Exam		Weight Room 101 (Fitness Center)
Feb 20-24	Winter Break – No Classes				
Feb 27-Mar 3	Fitness Assessment and Program Design	Heyward & Gibson (2014)	Exercise Prescription Basics	Sands et al. (2012) Ch. 1 & 2	Fitness Assessment (Gym)
Mar 6-10	Exercise Prescription Basics	Sands et al. (2012) Ch. 1 & 2	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Aerobic Training (Fitness Center)
Mar 13-17	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Applied Movement Mechanics	Joint Movement Terms Anatomy of Musculoskeletal System	Interval Training (M121)
Mar 20-24	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Fiataroone Singh et al. (2019)	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Singh et al. (2019)	Resistance Training (Fitness Center)
Mar 27-31	Flexibility <i>(Last day to withdraw)</i>	Jefferys (2016)	Stress Management	Donatelle et al. (2018)	Stretching (M121)
Apr 3-7	Knowledge Translation Learning Commons		Exercise Prescription		Meditation (M121)
Apr 10-12	Exercise Prescriptoin		Review		No Lab

STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% if handed in late on the due date and an additional 10% for each additional day late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class, prior to the start of class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Most classes will have required materials to review on myClass before class. It is expected that the student reviews materials in advance so they can fully participate in class activities and discussions. If students are not prepared for class, pop quizzes may be given to ensure adequate preparation. Many activities in class will require active participation so be prepared to get involved!
- 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 is required prior to the start of lab and a Doctor's note may be required before the lab can be completed.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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