

- 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:

Discussion Posts	Thursdays @ 11:59pm (see weekly schedule)	10%
Assignments	Thursdays @ 11:59pm (see weekly schedule)	20%
Learning Activities	Thursdays @ 11:59pm (see weekly schedule)	20%
Midterm	May 1 @11:59pm (week 5)	15%
Final Project: Exercise Prescription Assignment	June 30 @ 11:59pm (week 9)	20%
Final Exam	June 30 @ 11:59pm	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:

Week 1: Health and Fitness	Due May 4 @ 11:59pm
Week 2: Chronic Disease	Due May 11 @ 11:59pm
Week 3: Pre-Screening	Due May 18 @ 11:59pm
Week 4: Fitness Assessment	Due May 25 @ 11:59pm
Week 5: Exercise Prescription Basics	Due June 1 @ 11:59pm
Week 6: Aerobic Training	Due June 8 @ 11:59pm
Week 7: Resistance Training	Due June 15 @ 11:59pm
Week 8: Flexibility Training	Due June 22 @ 11:59pm
Week 9: Final Project & Final Exam	Due June 30 @ 11:59pm

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.
- Exams (midterm and final), and discussions 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 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.