

GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS  
PE 1100 - PHYSICAL FITNESS THEORY AND PRACTICE  
COURSE OUTLINE - FALL 1993

INSTRUCTORS: Leigh Goldie  
Office K219 Phone 539-2978  
Jeff McGinn  
Fitness Resource Centre Phone 539-2816

CLASS TIMES: Lectures - Monday and Wednesday, 1:00 - 1:50, L123  
Labs - AL1 - Tuesday, 1:30 - 3:20, Gym  
- AL2 - Thursday, 1:30 - 3:20, Gym

COURSE OBJECTIVES: 1. To contribute to a knowledge and understanding of the basic concepts of physical fitness, nutrition, wellness and active living.

2. To explore various methods of improving physical fitness and examine the prescription of appropriate exercise programs and their adaptation to individuals with specific needs.

3. To provide experience in organizing and administering fitness programs.

TRANSFERABILITY: University of Alberta PESS 110(3)  
University of Calgary PHED 247(3)  
University of Lethbridge 1 PED 2000(3)

TEXT: Corbin, C.B., and Lindsey, R. (1991). *Concepts of physical fitness*, 7th ed. Dubuque, IA: Wm. C. Brown.

<u>EVALUATION:</u>	Project	25%
	Labs	25%
	Test #1 - Wed., Oct. 13	15%
	Test #2 - Mon., Nov. 15	15%
	Test #3 - Wed., Dec. 8	<u>20%</u>
		100%

## COURSE SCHEDULE - FALL 1993

( ) Chapters from textbook.

### LECTURES

SEPT. 8 - course outline

SEPT. 13 - wellness  
SEPT. 15 - (1,2)

SEPT. 20 - (3)  
SEPT. 22 - (4,5)

SEPT. 27/29 - fitness testing

OCT. 4 - (6)  
OCT. 6 - (7)

OCT. 11 - Thanksgiving  
OCT. 13 - TEST NO. 1

OCT. 18 - (10)  
OCT. 20 - (11)

OCT. 25 - (15)  
OCT. 27 - (16)

NOV. 1 - (20)  
NOV. 3 - (20)

NOV. 8 - (13)  
NOV. 10 - (21)

NOV. 15 - TEST NO. 2  
NOV. 17 - (22)

NOV. 22 - (17,18,19)

### LABS

SEPT. 14/16 - Bowers & Fox (2,3,4)

SEPT. 21/23 - Bowers & Fox (2,3,4)

SEPT. 28/30 - fitness testing

OCT. 5/7 - interval training

OCT. 12/14 - (8,9) stretching

OCT. 19/21 - weight training

OCT. 26/28 - posture

NOV. 2/4 - nutrition analysis

NOV. 9/11 - Remembrance Day

NOV. 16/18 - relaxation

NOV. 23/25 - circuit training

NOV. 24 - active living  
NOV. 29/DEC. 1 - retesting

NOV. 30/DEC. 2 - retesting

DEC. 6 - (24,25)  
DEC. 8 - TEST NO. 3

### LAB WORKBOOK

On Monday, November 29 by 4:00 PM you will hand in your lab workbook to my office. 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. The articles should be related to fitness, wellness or active living. We will discuss the workbook in class as the term progresses.

**\*\*Department of Physical Education policy states that " for first year physical education courses, a student missing more than 10% of the scheduled classes may be denied permission to write the final exam"**