

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS**  
**PE 1100 - PERSONAL HEALTH AND FITNESS**  
**COURSE OUTLINE - FALL 1997**

**INSTRUCTOR:** Leigh Goldie      Office K219      Phone 539-2978

**CLASS TIMES:** Lectures - Monday, Wednesday and Friday, 10:00 - 10:50  
Labs - AL1 - Monday 11:00 - 11:50  
AL2 - Wednesday 11:00 - 11:50

**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 develop an awareness of the function of various public and private agencies in promoting health within the community.
4. To identify health and fitness as resources and major components in achieving quality life.

**TRANSFERABILITY:**

University of Alberta	HE ED 110(3)
University of Calgary	PHED 247(3)
University of Lethbridge	PHED 2xxx(3)

**TEXT:** Hoeger, W. K. & Hoeger, S. A. (1997). Principles and labs for fitness and wellness (4th ed.). Englewood, CO: Morton Publishing.

**EVALUATION:**

Labs/Workbook	40%
Fitness Project	20%
Mid-term Test - Oct. 15	15%
Final Exam	25%

**LAB WORKBOOK:** Lab workbooks will be submitted twice during the term. The first due date will be Wednesday, October 15 by 4:00 PM in my office. The second due date is Monday, November 24 by 4:00 PM in 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 (12) of the term. One article each week will deal with health system issues while the other will relate to fitness, wellness or active living. We will discuss the workbook in class as the term progresses.

**FITNESS PROJECT:** After the initial fitness assessment you will develop a nine week program to improve your aerobic capacity and one other component of your physical fitness. Your final report will be due on Monday, December 1 by 4:00 PM in my office. **Late projects will not be accepted.**

**COURSE SCHEDULE**

( ) Chapters from textbook

**Classroom - Mon., Wed., Fri.****Labs - Monday or Wednesday**

Sept. 8 - Introduction, course outline

Sept. 10 - Wellness and fitness (1)

Sept. 12 - "

Wellness assessment

Sept. 15 - Energy systems

Sept. 17 - "

Sept. 19 - Cardiorespiratory exercise (5)

Fitness assessment

Sept. 22 - Cardiorespiratory exercise (6)

Sept. 24 - "

Sept. 26 - "

Labs 5B, 6A, 6B, 6C, 6D

Sept. 29 - Strength training (7,8)

Oct. 1 - "

Oct. 3 - "

Lab 8A

Oct. 6 - Stress management (14)

Oct. 8 - "

Oct. 10 - "

Lab 14A, 14B, 14C, 14E

Oct. 13 - Thanksgiving Day

Oct. 15 - Mid-term Test

Oct. 17 - return test

No labs this week

Oct. 20 - Flexibility (9, 10)

Oct. 22 - "

Oct. 24 - "

Lab 10B

Oct. 27 - Cardiovascular disease (12)

Oct. 29 - "

Oct. 31 - Exercise and aging

Lab 9B

Nov. 3 - Nutrition (2)

Nov. 5 - "

Nov. 7 - "

Interval training

Nov. 10 - Body composition (3)

Nov. 12 - Weight management (4)

Nov. 14 - Eating disorders

Lab 3B, 3C

Nov. 17 - Canadian Active Living Challenge

Nov. 19 - "

Nov. 21 - AIDS (16)

CALC

Nov. 24 - Cancer (13)

Nov. 26 - Smoking (15)

Nov. 28 - Exercise cautions

Fitness re-assessment

Dec. 1 - Issues (17)

Dec. 3 - "

No labs this week