

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE - FALL 1998**

OCT 22 1998

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 identify health and fitness as resources and major components in achieving quality life.
4. To develop and 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	PHED 2XXX(3)

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

EVALUATION:

Test No. 1 - Wed. Oct. 14	20%
Test No. 2 - Fri. Dec. 4	20%
Fitness Project	25%
Labs/Workbook	25%
Presentation	10%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be Wednesday, October 14 at the test and the second will be Friday, December 4 at the test. **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(13) of the term. One article each week will deal with health system issues while the other will relate to personal health and fitness.

FITNESS PROJECT AND PRESENTATIONS: Please see the accompanying handouts for detailed descriptions.

COURSE SCHEDULE

() Chapters from textbook

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

Sept. 2 Introduction, Course Outline
Sept. 4 Wellness

1B

Sept. 9 Wellness and fitness
Sept. 11 Energy systems

Sept. 14 Energy systems
Sept. 16 Cardiorespiratory exercise (5)
Sept. 18 " (6)

Fitness Assessment

Sept. 21 Strength training (7)
Sept. 23 " (8)
Sept. 25 Blood pressure

8A

Sept. 28 Flexibility (9)
Sept. 30 " (10)
Oct. 2 Posture, Back care

9B, 10A, 10B

Oct. 5 Cardiovascular disease (12)
Oct. 7 " (12)
Oct. 9 Health promotion

Grocery store tour

Oct. 14 Test No. 1
Oct. 16 Return test

Oct. 19 Stress management (14)
Oct. 21 " (14)
Oct. 23 " (14)

14A, 14B, 14C, 14E

Oct. 26 Nutrition (2)
Oct. 28 " (2)
Oct. 30 " (2)

2A

Nov. 2 Body composition (3)
Nov. 4 Weight management (4)
Nov. 6 Eating disorders

3B, 3C

Nov. 9 Exercise cautions
Nov. 13 Fraud and quackery (17)

Nov. 16 Cancer (13)
Nov. 18 Smoking (15)
Nov. 20 AIDS (16)

Interval training

Nov. 23 Presentations
Nov. 25 "
Nov. 27 "

Fitness re-assessment

Nov. 30 Canadian Active Living Challenge
Dec. 2 Fitness for older populations
Dec. 4 Test No. 2