

SEP 07 2000

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE - FALL 2000

INSTRUCTOR: Leigh Goldie Office - K219 Phone - 539-2978
E-mail - lgoldie@gprc.ab.ca

CLASS TIMES: Lectures: Section A2, Tuesday & Thursday, 10:00 - 11:20
Section B2, Tuesday & Thursday, 1:00 - 2:20
Labs - AL1 - Monday, 10:00 - 10:50
AL2 - Wednesday, 10:00 - 10:50
AL3 - Friday, 9:00 - 9:50
AL4 - Friday, 10:00 - 10:50

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 an 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	KNES 1000(3)

TEXT: Greenberg, J.S., Dintiman, G. B., Oakes, B.M., Kossuth, J. D., & Morrow, D. (2000). *Physical fitness and wellness (Canadian Edition)*. Scarborough: Prentice-Hall Canada.

EVALUATION:

Test No. 1 - Thurs., Oct. 19	25%
Test No. 2 - Thurs., Dec. 7	25%
Labs/Workbook	40%
Presentation	10%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be Thursday, October 19 at the test and the second will be Thursday, December 7 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 of the term. One article each week will deal with health system issues while the other will relate to personal health and fitness.

PRESENTATIONS: Please read the accompanying handout for a detailed description.

COURSE SCHEDULE

() Chapters from textbook

Classroom - Monday, Wednesday

Sept. 7 Introduction, Course Outline
Sept. 12 Wellness (1)
Sept. 14 Wellness and fitness (1)
Sept. 19 Principles of Exercise (4)
Sept. 21 Cardiorespiratory Fitness (5)
Sept. 26 Cardiorespiratory exercise (5)
Sept. 28 -
Oct. 3 Muscular Strength and Endurance (6)
Oct. 5 -
Oct. 10 Flexibility (7)
Oct. 12 Posture, Back Care (7)
Oct. 17 Exercise Cautions
Oct. 19 Test No. 1
Oct. 24 Stress management (10)
Oct. 26 -
Oct. 31 Nutrition (8)
Nov. 2 -
Nov. 7 Body composition (9)
Nov. 9 Weight management, Eating Disorders
Nov. 14 Heart Disease (11)
Nov. 16 Cancer (13), Smoking, Alcohol (11)
Nov. 21 AIDS (13)
Nov. 23 Performance enhancing drugs (11)
Nov. 28 Fitness fraud (15)
Nov. 30 Exercise and the Elderly (15)
Dec. 5 Wrap-up and review
Dec. 7 Test No. 2

Labs - Friday

Par-Q, Wellness Inventory
1.2, 3.1, 3.2, 3.3
Interval Training
Fitness Assessment
Blood Pressure
Posture pictures
and assessment
Progressive Relaxation
Autogenic Training
Grocery Store Tour
No lab - Remembrance
Day
Body Composition
11.1, 13.2, 13.3
Fitness re-assessment