

SEP. 18 2001

GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY  
PE 1100 - PERSONAL HEALTH AND FITNESS  
COURSE OUTLINE - FALL 2001

**INSTRUCTOR:** Leigh Goldie      Office - K219      Phone - 539-2978  
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**CLASS TIMES:** Lectures - Section A2, Tuesday & Thursday, 10:00 - 11:20  
Section B2, Monday & Wednesday, 2:30 - 3:50  
Labs - L1 - Monday, 9:00 - 9:50  
L2 - Wednesday, 9:00 - 9:50  
L3 - Friday, 9:00 - 9:50  
L4 - Friday, 12:00 - 12:50

**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 - B2 - Wed., Oct. 17	25%
A2 - Thurs., Oct. 18	
Test No. 2 - B2 - Wed., Dec. 5	25%
A2 - Thurs., Dec. 6	
Labs/Workbook	35%
Presentation	15%

**LAB WORKBOOK:** Lab workbooks will be submitted twice during the term. The first due date will be at Test No. 1 and the second will be at Test No. 2. **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,

Labs - Friday

Week 1 - Sept. 1

Introduction, Course Outline

Week 2 – Sept. 10

Wellness and fitness (1)

Par-Q, Wellness Inventory  
1.2

Week 3 – Sept. 17

Principles of Exercise (4), Cardiorespiratory Fitness (5)

Interval Training

Week 4 – Sept. 24

Cardiorespiratory Fitness (5)

Flexibility

Week 5 – Oct. 1

Muscular Strength and Endurance (6)

Fitness Assessment

Week 6 – Oct. 8

Flexibility (7), Posture, Back Care (7)

Posture pictures  
and assessment

Week 7 – Oct. 15

Exercise Cautions

Test No. 1 (\*Wed., Oct 17 - B2 \* Thurs., Oct. 18 – A2)

Progressive Relaxation

Week 8 – Oct. 22

Stress management (10)

Autogenic Training

Week 9 – Oct. 29

Nutrition (8)

Grocery Store Tour

Week 10 – Nov. 5

AIDS (13), Performance enhancing drugs (11)

No lab – Remembrance  
Day

Week 11 – Nov. 12

Body composition (9), Weight management, Eating Disorders

Body Composition

Week 12 – Nov. 19

Heart Disease (13) Cancer (13), Smoking, Alcohol (11)

Blood Pressure

Week 13 – Nov. 26

Nov. 26 Fitness fraud (15), Exercise and the Elderly (15)

Fitness re-assessment

Week 14 – Dec. 3

Wrap-up and review

Test No. 2 (\* Wed., Dec. 5 – B2, \*Thurs., Dec. 6 – A2)