DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY PE 1100 - PERSONAL HEALTH AND FITNESS COURSE OUTLINE – FALL 2007

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CLASS TIMES: Lectures – Section A2, Monday & Wednesday, 10:00 – 11:20 Section B2, Wednesday & Friday, 1:00 – 2:20 Labs - L1 – Tuesday, 11:30 – 12:20 L2 – Tuesday, 1:00 - 1:50 L3 – Friday, 9:00 – 9:50

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: Hoeger, W.K.K., and Hoeger, S.A. *Principles and labs for fitness and wellness (9th edition)*. Belmont, CA: Wadsworth/Thomson Learning, 2008.

EVALUATION:	Test No. 1 – A2/B2 – Wed., Oct. 24m	25%
	Test No. 2 – Final Exam Week	25%
	Labs/Workbook	30%
	Presentation	20%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be at <u>Test No. 1 on Wednesday</u>, <u>October 25</u>, and the second will be on <u>Wednesday</u>, <u>December 6</u>. 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 one newspaper article for each week of the term. The article will deal with a health system or a personal health and fitness issue and will include a short commentary on how that issue could affect your personal situation.

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

GRADING SYSTEM:

The following system will be used for converting percentage grades to alpha grades.

Alpha Grade	4 – Point	Percentage	Descriptor
A+	4.0	90 - 100	Excellent
А	4.0	85 - 89	Excellent
A-	3.7	80 - 84	First Class Standing
B+	3.3	76 – 79	First Class Standing
В	3.0	73 – 75	Good
B-	2.7	70 - 72	Good
C+	2.3	67 – 69	Satisfactory
С	2.0	64 - 66	Satisfactory
C-	1.7	60 - 63	Satisfactory
D+	1.3	55 – 59	Poor
D	1.0	50 - 54	Minimal Pass
F	0.0	0 - 49	Fail

***There might be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

COURSE SCHEDULE

() Chapters from textbook

Classroom

Labs

Week 1 - Sept. 3 Introduction, Course Outline

Week 2 – Sept. 10 Wellness and fitness (1), Exercise Issues/Principles (9)

<u>Week 3 – Sept. 17</u> Behavior Modification (2), Cardiorespiratory Fitness (6)

<u>Week 4 – Sept. 24</u> Cardiorespiratory Fitness (6)

Week 5 – Oct. 1 Muscular Strength and Endurance (7)

<u>Week 6 – Oct. 8</u> Flexibility (8)

<u>Week 7 – Oct. 15</u> Posture, Back Care (8)

<u>Week 8 - Oct. 22</u> Test No. 1 - Wed., Oct 24 (Sec. A2/B2) - lab books due

Week 9 – Oct. 29 Stress management (10)

<u>Week 10 – Nov. 5</u> Nutrition (3), Body composition (4),

Week 11 – Nov. 12 Weight Management (5)

Week 12 – Nov. 19 Heart Disease (11) Cancer (12)

<u>Week 13 – Nov. 26</u> HIV/AIDS (14), Smoking (13)

<u>Week 14 – Dec. 3</u> Lifetime Fitness (15) - lab books due Wed., Dec. 5

1A, 1B (Classroom)

Interval Training (Gym)

Fitness Assessment (Gym)

8C-Flexibility (Classroom)

8B - Posture Evaluation (Gym)

Autogenic Training (Classroom)

Progressive Relaxation (Classroom 10A, 10B, 10D

Food Labels (Classroom)

4B - Body Composition(Classroom

Blood Pressure (Classroom)

Fitness re-assessment (Gym)