## DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY PE 1100 - PERSONAL HEALTH AND FITNESS COURSE OUTLINE – FALL 2008

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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 – Monday, 11:30 – 12:20

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* (9<sup>th</sup> edition). Belmont, CA: Wadsworth/Thomson Learning, 2008.

**EVALUATION:** Test No. 1 – A2/B2 – Wed., Oct. 22 25%

Test No. 2 – Final Exam Week
Labs/Workbook
Presentation
25%
25%
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, October 22</u>, and the second will be on <u>Wednesday, December 3</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. The fitness project will also be a major component of your mark.

**PRESENTATIONS & FITNESS PROJECT:** Please read the accompanying handouts for detailed descriptions.

## **GRADING SYSTEM:**

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

Alpha Grade	4 – Point	Percentage	<u>Descriptor</u>
A+	4.0	90 - 100	Excellent
A	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
C	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

<sup>\*\*\*</sup>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

<u>Classroom</u> <u>Labs</u>

Week 1 - Sept. 1

Introduction, Course Outline

Week 2 – Sept. 8

Wellness and fitness (1), Exercise Issues/Principles (9) 1A, 1B (Classroom)

Week 3 – Sept. 15

Behavior Modification (2), Cardiorespiratory Fitness (6) 9A – Skills Testing

Week 4 - Sept. 22

Cardiorespiratory Fitness (6) Fitness Assessment (Gym)

Week 5 – Sept. 29

Muscular Strength and Endurance (7) Interval Training (Gym)

Week 6 – Oct. 6

Flexibility (8) 8B – Posture Evaluation (Gym)

8C – Flexibility (Gym)

Week 7 – Oct. 13

Posture, Back Care (8) Progressive Relaxation (Classroom

Week 8 – Oct. 20

Test No. 1 - Wed., Oct 22 (Sec. A2/B2) – lab books due Autogenic Training (Classroom)

10A, 10B, 10C, 10E

Week 9 – Oct. 27

Stress management (10) Food Labels (Classroom)

Week 10 – Nov. 3

Nutrition (3), Body composition (4), 4B - Body Composition Classroom

Week 11 - Nov. 10

Weight Management (5) No Labs – Fall Break

Week 12 – Nov. 17

Heart Disease (11) Cancer (12) Blood Pressure (Classroom)

Week 13 - Nov. 24

HIV/AIDS (14), Smoking (13) Fitness re-assessment (Gym)

Week 14 – Dec. 1

Lifetime Fitness (15) - lab books due Wed., Dec. 3