DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY PE 1100 - PERSONAL HEALTH AND FITNESS COURSE OUTLINE – FALL 2009

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CLASS TIMES: Lectures – Section A2, Monday & Wednesday, 10:00 – 11:20

Section B2, Tuesday & Thursday, 8:30 – 9:50

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., Hoeger, S.A., Locke, M. and Lauzon, L. *Principles and labs for fitness and wellness (1st Canadian edition)*. Belmont, CA: Nelson, 2009.

EVALUATION: Test No. 1 - A2/- Wed., Oct. 2125%

- B2 – Thur., Oct 22

Test No. 2 – Final Exam Week
Labs/Workbook
Presentation

25%
20%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be at <u>Test No. 1</u> and the second will be on <u>Thursday</u>, <u>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.

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	<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

^{***}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.

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

Week 1 -Sept. 3, Sept. 8

Introduction, Course Outline Wellness and fitness (1)

1A, 1B (Classroom)

Week 2 – Sept. 14

Exercise Issues/Principles (9), Behavior Modification (2),

9A – Skills Testing (Gym)

Week 3 – Sept. 21

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

<u>Week 4 – Sept. 28</u>

Muscular Strength and Endurance (7)

Interval Training (Gym)

Week 5 – Oct. 5

Flexibility (8)

8B – Posture Evaluation (Gym)

8C – Flexibility (Gym)

Week 6 - Oct. 12

Posture, Back Care (8)

No labs - Thanksgiving

Week 7 – Oct. 19

Test No. 1

- Wed., Oct 21- Sec. A2 -Thurs., Oct. 22 – Sec. B2

- lab books due at test

Week 8 – Oct. 26

Stress management (10)

Autogenic Training (Classroom)

Progressive Relaxation (Classroom)

10A, 10B, 10C, 10D

Week 9 - Nov. 2

Nutrition (3)

Food Labels (Classroom)

Week 10 – Nov. 9

Nutrition (3), Body composition (4),

4B - Body Composition (Classroom

Week 11 – Nov. 16

Weight Management (5)

Blood Pressure (Classroom)

Week 12 - Nov. 23

Heart Disease (11) Cancer (12)

Fitness re-assessment (Gym)

Week 13 – Nov. 30, Dec. 1 Lifetime Fitness (13)

- lab books due Thurs., Dec. 3