

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PE 1100 - PERSONAL HEALTH AND FITNESS
COURSE OUTLINE - WINTER 1997

INSTRUCTOR: Leigh Goldie Office K219 Phone 539-2978

CLASS TIMES: Lectures - Monday, Wednesday and Friday, 2:00 - 2:50
Labs - AL1 - Monday 10:00 - 10:50
AL2 - Wednesday 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 develop an awareness of the function of various public and private agencies in promoting health within the community.

4. To identify health and fitness as resources and major components in achieving quality life.

TRANSFERABILITY: University of Alberta HE ED 110(3)
University of Calgary PHED 247(3)
University of Lethbridge PHED 2xxx(3)

TEXT: Hoeger, W. K. & Hoeger, S. A. (1997). Principles and labs for fitness and wellness (4th ed.), Englewood, CO: Morton Publishing.

EVALUATION:	Labs/Workbook	55%
	Test #1 - Mon., Feb. 3	15%
	Test #2 - Mon., Mar. 17	15%
	Test #3 - Mon., Apr. 7	15%

LAB WORKBOOK: On **Wednesday, April 2 by 4:00 PM** you will hand in your lab workbook to my office. **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 (12) of the term. One article each week will deal with health system issues while the other will relate to fitness, wellness or active living. We will discuss the workbook in class as the term progresses.

COURSE SCHEDULE

() Chapters from textbook

Jan. 6 - Introduction, course outline

Jan. 8 - Fitness and wellness (1)

Jan. 10 - "

Jan. 13 - Energy systems

Jan. 15 - Exercise cautions, adherence

Jan. 17 - Stress management - Judith Hall

Jan. 20 - Nutrition (2)

Jan. 22 - Nutrition (2)

Jan. 24 - Dietitian - Danielle Wohlgemuth

Jan. 27 - Body composition (3)

Jan. 29 - "

Jan. 31 - Posture - Janet Wood

Feb. 3 - **TEST NO. 1**

Feb. 5 - Return test

Feb. 7 - Fitness testing

Feb. 10 - Weight management

Feb. 12 - Eating disorders

Feb. 14 - AIDS - Mary Jean Vangenne

Feb. 17 - Family Day - no class

Feb. 19 - Muscular strength (7,8)

Feb. 21 - "

Mar. 3 - Flexibility (9,10)

Mar. 5 - Health promotion

Mar. 7 - Alternative therapies

Mar. 10 - Cardiorespiratory Exercise (5,6)

Mar. 12 - "

Mar. 14 - Cardiovascular disease (12)

Mar. 17 - **TEST NO. 2**

Mar. 19 - Quality Daily Physical Education

Mar. 21 - Entrepreneurial opportunities

Mar. 24 - Cancer risk management (13)

Mar. 26 - Tobacco use (15)

Mar. 28 - Good Friday

Mar. 31 - Addictive behaviours (16)

Apr. 2 - Issues (17) **WORKBOOKS DUE**

Apr. 4 - "

Apr. 7 - **TEST NO. 3**

Apr. 9 - Return test, wrap-up

Lab - 14

"

*with Nursing

Lab - 2a, 2b

"

*with Nursing

Lab - 3b, 3c

"

*with Nursing

Lab - 11

"

*with Nursing

Lab - 9

"

*with Nursing

Lab - 10a, 10b

"

Lab - 5b, 6, 12

"

Lab - Interval training

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Lab - Exercise cautions

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