



2. Describe and define the health-related components of physical fitness and identify the difference from skill-related components of physical fitness.
3. Identify the significance of and participate in fitness assessments for apparently healthy adults.
4. Outline the basics of exercise prescription for apparently healthy individuals, based on physical fitness assessment scores.
5. Recognize the effects of sedentary lifestyles, poor nutrition, and stress on chronic diseases such as heart disease, obesity, cancer, and diabetes.

### TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

### EVALUATIONS:

All due dates and times are in MST.

Midterm	October 17 <sup>th</sup> in class	15%
Labs	Thursdays @ 11:59pm on due dates	30%
Classroom Assignments	Varies @ 11:59pm on due dates	20%
Final Exam Part 1: Final Project	TBD	20%
Final Exam Part 2: Exam	TBD	15%
<b>Total</b>		100%

### GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

## COURSE SCHEDULE/TENTATIVE TIMELINE:

This schedule may be adjusted if necessary. Labs are in M119 unless otherwise stated.

	Tuesday Lecture	Readings	Thursday Lecture	Readings	Friday Labs
Sept. 5-8	Introduction		Health & Fitness	AFLCA (2012) Insel et al. (2016)	No Lab
Sept. 12-15	Health & Fitness	AFLCA (2012) Insel et al. (2016)	Lifestyle Factors	Panahi & Tremblay (2018)	Weight Rm. 101
Sept. 19-22	Chronic Diseases	Websites: links on myClass	Chronic Diseases	Websites: links on myClass	Meditation
Sept. 26-29	Stress	Boule & Prud'homme (2020)	Physiological Responses to Exercise		RHR/RBP
Oct. 3-6	Evaluating Sources (Alward Lab)		Pre-Screening	CSEP (2017) CSEP Informed Consent CSEP-CPT Pre-Screening Tool	Pre-Screening
Oct. 10-13	Behaviour Modification	CSEP (2013) Jackson (2010)	Behaviour Modification	CSEP (2013) Jackson (2010)	Goal Setting
Oct. 17-20	<b>Midterm Exam</b>		Components of Physical Fitness	Insel et al. (2016)	Fitness Testing (Gym)
Oct. 24-27	Fitness Testing	Heyward & Gibson (2014)	Body Composition	CSEP (2021)	Body Composition
Oct. 31-Nov. 3	Using Resources (Alward Lab)		Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Aerobic Training (Fitness Center)
Nov. 7-10	Aerobic Fitness	McCarthy & Roy (2012) Gibson et al. (2019) Reuter & Dawes (2016)	Resistance Training	Singh et al. (2019) Joint Movements	Interval Training (M121)
Nov. 14-17	<b>Fall Break</b>				
Nov. 21-24	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Fiataroone Singh et al. (2019) Sands et al. (2012) Ch. 1 & 2	Resistance Training	Sheppard & Triplett (2016) Schoenfeld & Grgic (2018) Singh et al. (2019)	Resistance Training (Fitness Center)
Nov. 28-Dec. 1	Flexibility	Jefferys (2016)	Evaluating Exercise Plans		Stretching (M121)
Dec. 5-8	Evaluating Exercise Plans		Final Project		No Lab
Dec. 12	Review				

## **STUDENT RESPONSIBILITIES:**

**Labs:** Attendance to labs ARE mandatory. Only excused absences will be able to make up the lab. This needs to be discussed prior the absence, if sick and unable to attend an email, to the correct Lab Instructor (check the schedule above), is required prior to the start of lab and a Doctor's note may be required before the lab can be completed.

**Late Assignments:** Assignments will be deducted 10% for each day it is late. If you are struggling to complete your assignment on time due to unexpected circumstances, email the instructor prior to the due date.

**Time Management:** Adopting and adhering to effective learning habits in this course will likely take up a great deal of time so plan your schedule accordingly. It is difficult to catch up once a student falls behind in required readings and exercises.

**Cell Phones:** The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class is therefore strictly prohibited.

**Email:** Email is the preferred option to communicate with your instructor. **Email correspondence to your instructor must be sent from your NWP student email account.** Emails should be professionally formatted and include a subject, correct spelling and grammar, and a reference to course material and/or textbook pages, etc. Emails that do not adhere to this format may not be responded to.

## **STATEMENT ON ACADEMIC MISCONDUCT:**

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

\*\*Note: all Academic and Administrative policies are available on the same page.