

# DEPARTMENT OF PHYSICAL EDUCATIONA ND KINESIOLOGY

### **COURSE OUTLINE - Fall 2021**

# PE2200 (A2): Introduction to Personal Physical Fitness – 3 (3-0-1) 60 Hours for 15 Weeks

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

INSTRUCTOR: Warr, Lorelle PHONE: 780-539-2978
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**OFFICE HOURS:** By appointment or drop in

**CALENDAR DESCRIPTION:** Examines the biological foundations of physical activity/exercise and the components of health-related physical fitness in health, disease and performance applied to physical activity guidelines and exercise prescription for healthy adults, chronic disease and sport performance.

# PREREQUISITE(S)/COREQUISITE: None

**REQUIRED TEXT/RESOURCE MATERIALS:** Reading materials or links will be made available on D2L as necessary.

**DELIVERY MODE(S):** Lectures, in-class discussions, group work, in-class exercise and lab activities.

### **COURSE OBJECTIVES:**

Upon successful completion of this course, students will be able to:

- 1. Describe and define the health-related components of physical fitness.
- 2. Identify and participate in fitness assessment for healthy adults.
- 3. Outline exercise prescription for healthy adults.
- 4. Discriminate between fitness-related and health-related outcomes of physical activity and exercise programs.
- 5. Discuss the relationship among physical activity, fitness, and chronic diseases.

### **LEARNING OUTCOMES:**

Through completion of this course, students will have the opportunity to:

- 1. Appreciate the physical dimension of wellness as a major component in a person's overall well-being.
- 2. Lead a healthy adult lifestyle through a physical fitness assessment.
- 3. When given a person's physical fitness scores, be able to prescribe a scientifically based fitness prescription.
- 4. Identify the differences between health-related and fitness-related physical activity programs.
- 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:**

| Midterm                          | Oct 21  | 20%  |
|----------------------------------|---|------|
| Labs                             | Due @ 11:59pm on the Sunday following the lab | 20%  |
| Classroom Assignments            | Varies  | 10%  |
| Exercise Prescription Assignment | Dec 9   | 20%  |
| Final Exam                       | TBD   | 30%  |
|                                  | Total   | 100% |

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor) Please note that most universities will not accept your course for transfer credit IF your grade is less than C-.

| Alpha Grade | 4-point    | Percentage | Alpha | 4-point    | Percentage |
|-------------|------------|------------|-------|------------|------------|
|             | Equivalent | Guidelines | Grade | Equivalent | Guidelines |
| A+          | 4.0        | 90-100     | C+    | 2.3        | 67-69      |
| A           | 4.0        | 85-89      | С     | 2.0        | 63-66      |
| A-          | 3.7        | 80-84      | C-    | 1.7        | 60-62      |
| B+          | 3.3        | 77-79      | D+    | 1.3        | 55-59      |
| В           | 3.0        | 73-76      | D     | 1.0        | 50-54      |
| B-          | 2.7        | 70-72      | F     | 0.0        | 00-49      |

# COURSE SCHEDULE/TENTATIVE TIMELINE:

|                 | Tuesday Lecture                | Readings                                | Tuesday Lab 1        | Thursday Lecture                       | Readings                      |  |  |  |  |
|-----------------|--------------------------------|---|----------------------|--|-------------------------------|--|--|--|--|
| Sept. 1-3       |                                |   | No Lab               | Introduction                           |                               |  |  |  |  |
| Sept. 6-10      | Health and Fitness             | AFLCA (2012)                            | No Lab               | Sedentary Behaviour                    | Panahi & Tremblay (2018)      |  |  |  |  |
|                 |                                | Insel et al. (2016)                     |                      | (Last day to add/drop classes)         |                               |  |  |  |  |
| Sept. 13-17     | Obesity                        | Boule & Prud'humme (2020)               | Body Composition     | Basic Research Skills Learning Commons |                               |  |  |  |  |
|                 |                                |   | (M119)               |  |                               |  |  |  |  |
| Sept. 20-24     | Heart Disease                  | Heart and Stroke Foundation (2011)      | RHR/RBP (M119)       | Diabetes                               | Benefits of Physical Activity |  |  |  |  |
|                 |                                | Heart and Stroke Foundation Infographic |                      |  | Infographic                   |  |  |  |  |
|                 |                                | (n.d.)                                  |                      |  | Sigal et al. (2018)           |  |  |  |  |
| Sept. 29-Oct. 1 | Cancer                         | Lugo et al. (2019)                      | Pre-Screening (J203) | Pregnancy                              | Mottola et al. (2019)         |  |  |  |  |
| Oct. 4-8        | Pre-Screening                  | CSEP (2017)                             | Weight Room Tour     | Behaviour Modification                 | CSEP (2013)                   |  |  |  |  |
|                 |                                | CSEP Informed Consent                   | (Weight Rm)          |  | Jackson (2010)                |  |  |  |  |
|                 |                                | CSEP-CPT Pre-Screening Tool             |                      |  |                               |  |  |  |  |
| Oct. 11-15      | Fall Break – No Classes or Lab |   |                      |  |                               |  |  |  |  |
| Oct. 18-22      | Basic Components of            | Insel et al. (2016)                     | Weight Room 101      | Midterm Exam                           |                               |  |  |  |  |
|                 | Physical Fitness               |   | (Weight Rm)          |  |                               |  |  |  |  |
| Oct. 25-29      | Exercise Prescription          | Sands et al. (2012) Ch. 1 & 2           | Fitness Assessment   | Fitness Assessment and Program Design  | Heyward & Gibson (2014)       |  |  |  |  |
|                 | Basics                         |   | (Gym)                |  |                               |  |  |  |  |
| Nov. 1-5 T      | Training Principles            | AFLCA (2012)                            | Aerobic Training     | Aerobic Fitness                        | McCarthy & Roy (2012)         |  |  |  |  |
|                 |                                |   | (Weight Rm)          |  | Gibson et al. (2019)          |  |  |  |  |
|                 |                                |   |                      |  | Reuter & Dawes (2016)         |  |  |  |  |
| Nov. 8-12       | Aerobic Fitness                | McCarthy & Roy (2012)                   | Interval Training    | Remembrance Day - No Class             |                               |  |  |  |  |
|                 |                                | Gibson et al. (2019)                    | (Weight Rm)          |  |                               |  |  |  |  |
|                 |                                | Reuter & Dawes (2016)                   |                      |  |                               |  |  |  |  |
| Nov. 15-19      | Applied Movement               | Joint Movement Terms                    | Resistance Training  | Resistance Training                    | Sheppard & Triplett (2016)    |  |  |  |  |
|                 | Mechanics                      | Anatomy of Musculoskeletal System -     | (Weight Rm)          |  | Schoenfeld & Grgic (2018)     |  |  |  |  |
|                 |                                | Review                                  |                      |  | Singh et al. (2019)           |  |  |  |  |
| Nov. 22-26      | Resistance Training            | Sheppard & Triplett (2016)              | Stretching           | Flexibility                            | Jefferys (2016)               |  |  |  |  |
|                 |                                | Schoenfeld & Grgic (2018)               | (L104 – Black Box)   | (Last day to withdraw)                 |                               |  |  |  |  |
|                 |                                | Singh et al. (2019)                     |                      |  |                               |  |  |  |  |
| Nov. 29-Dec. 3  | Knowledge Translation          |   | Meditation (M121)    | Stress Management                      | Donatelle et al. (2018)       |  |  |  |  |
|                 | Learning Commons               |   |                      |  |                               |  |  |  |  |
| Dec. 6-10       | Exercise Prescription          |   | No Lab               | Review                                 |                               |  |  |  |  |
|                 | <b>Learning Commons</b>        |   |                      |  |                               |  |  |  |  |

This schedule is subject to change based on how we progress as a class. Changes will be announced in class and on myClass.

### STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% if handed in late on the due date and an additional 10% foe each additional day late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class, prior to the start of class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Most classes will have required materials to review on myClass before class. It is expected that the student reviews materials in advance so they can fully participate in class activities and discussions. If students are not prepared for class, pop quizzes may be given to ensure adequate preparation. Many activities in class will require active participation so be prepared to get involved!
- 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 is required prior to the start of lab and a Doctor's note needs to be provided before the lab can be completed.

### STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <a href="http://www.gprc.ab.ca/programs/calendar/">http://www.gprc.ab.ca/programs/calendar/</a> or the College Policy on Student Misconduct: Plagiarism and Cheating at <a href="https://www.gprc.ab.ca/about/administration/policies">https://www.gprc.ab.ca/about/administration/policies</a>

### POLICY ON THE RECORDING OF TEACHING ACTIVITIES:

Students may not record classroom activities (such as lectures, group activities, 3rd party presentations, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. Students will also be given the option of being excused from actively participating in recorded activities. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

# **COPYRIGHT NOTIFICATION:**

Any course material created by your instructor is his/her intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

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