



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – WINTER 2016**

**PE2200 A3/B3: Introduction to Personal Physical Fitness – 3 (3-0-1) 60 Hours**

**INSTRUCTOR:** Leigh Goldie                      **PHONE:** 780-539-2978  
**OFFICE:** K219                                      **E-MAIL:** lgoldie@gprc.ab.ca  
**OFFICE HOURS:** Call or e-mail for an appointment

**CALENDAR DESCRIPTION:** This course 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:** Hoeger, W. W. K., Hoeger, S. A. and Lauzon, L. (2009). Principles and labs for fitness and wellness (1<sup>st</sup> Canadian edition), Toronto, ON: Nelson

*Other sources from which lecture content is drawn from:*

- 1. Advanced Fitness Assessment and Exercise Prescription: Heyward (5th or 6th ed)**
- 2. The Canadian Physical Activity, Fitness & Lifestyle Approach (CPAFLA): CSEP-Health & Fitness Program's Health-Related Appraisal and Counselling Strategy (3rd edition)**
- 3. ACSM's Health-Related Physical Fitness Assessment Manual (3rd edition)**
- 4. ACSM's Foundations of Strength Training and Conditioning (1st ed)**
- 5. Bouchard, B., Blair, S. and Haskell, W. L. (2012) . Physical activity and health (2<sup>nd</sup> ed.), Windsor, ON: Human Kinetics.**

**DELIVERY MODE(S):** The course work includes lectures, class discussions, group work, and in-class exercises and labs.

### **COURSE OBJECTIVES:**

- 1. Students will gain an understanding of the health-related components of physical fitness.**
- 2. Students will learn the basis of fitness assessment and exercise prescription for healthy adults.**
- 3. Students will differentiate between fitness related and health related outcomes of physical activity and exercise programs.**
- 4. Students will study the relationship among physical activity, fitness and chronic diseases.**

### **LEARNING OUTCOMES:**

- 1. To appreciate the physical dimension of wellness as a major component in a person's overall well-being.**
- 2. To lead a healthy adult through a physical fitness assessment.**
- 3. When given a person's physical fitness scores to be able to prescribe a scientifically based fitness prescription.**
- 4. To identify the differences between health-related and fitness-related physical activity programs.**
- 5. To recognize the effects of sedentary lifestyles, poor nutrition, stress and destructive habits on chronic diseases such as heart disease, obesity, cancer, diabetes, etc.**

### **TRANSFERABILITY:**

UA

Please consult the Alberta Transfer Guide for more information

<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

**\*\* 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:**

<b>Test No. 1 – Tuesday, March 1</b>	<b>20%</b>
<b>Test No. 2 – Final Exam Week</b>	<b>30%</b>
<b>Labs/Workbook</b>	<b>30%</b>
<b>Presentation</b>	<b>20%</b>

**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-**.

<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>		<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		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

**STUDENT RESPONSIBILITIES:**

- **Students must complete all assignments and examinations in order to receive a passing grade in this course. Failure to do so will result in an incomplete (IN) grade which may result in a failing (F) grade.**
- **All assignments are expected to be submitted on the due date. Late assignments might not be accepted.**
- **Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.**

**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 Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

## **COURSE SCHEDULE/TENTATIVE TIMELINE:**

**Classroom**            ( ) Chapters from textbook

**Labs**

Week 1 – Jan. 6

Introduction

Week 2 – Jan. 11

Wellness and fitness (1)

1A, 1B (Classroom)

Week 3 – Jan. 18

Physical Literacy

Physical Literacy

Week 4 – Jan. 25

Behaviour Modification (2)

9A - Skills Testing (Gym)

Week 5 – Feb. 1

Exercise Issues/Principles (9) Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

Week 6 – Feb. 8

Cardiorespiratory Fitness (6)

Interval Training (Gym)

Week 7 – Feb. 22

Flexibility, Posture, Back Care (8)

8B –Posture Evaluation (Gym)

8C – Flexibility (Gym)

Week 8 – Feb. 29

**Test No. 1 - Monday, Feb. 29, Muscular Strength & Endurance (7)**

Blood Pressure (Classroom)

Week 8 – Mar. 7

Stress management (10)

Progressive Relaxation (Class)

10A, 10B, 10D

Week 9 – Mar. 14

Stress management (10)

Autogenic Training (Class)

Week 10 – Mar. 21

Body composition (4)

4B Body Comp. (Classroom)

Week 11 – Mar. 28

Weight Management (5)

Food Labels (Classroom)

Week 12 – Apr. 4

Heart Disease (11))

Fitness Reassessment (Gym)

Week 13 – Apr. 11

Cancer (12)

