



Course Outline

UNIVERSITY STUDIES

HE ED 110A
Health and Fitness

3 CREDITS
4 HOURS PER WEEK

INSTRUCTOR: Clayton Nielsen
Winter, 2013

INSTRUCTOR: Clayton Nielsen
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OFFICE NUMBER: S211F

OFFICE HOURS:

Monday	2:00-2:20pm
Tuesday	9:00-9:50am
Wednesday	9:00-10:50am
Friday	11:00-11:50am

HOURS OF INSTRUCTION:

Monday	1:00-1:50pm
Tuesday	11:00-11:50am lab X 12:00-12:50pm lab Y
Wednesday	2:00-2:50pm
Thursday	2:00-2:50pm

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 OUTCOMES:

The student will be able to:

1. develop knowledge and understanding of the basic concepts of wellness, health promotion, active living, physical fitness and nutrition and demonstrate this through class discussion and activities;
2. develop a personal plan for living a healthy, well balanced life through assignments;
3. identify health and fitness as resources and major components in achieving quality life through readings, response papers and testing;
4. develop an awareness of the function of various public and private agencies in promoting health within the community introduced through guest speakers and presenters.

TEXT(S)/MATERIALS REQUIRED:

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

Other resources: *An invitation to Health (2nd Canadian Edition)* Belmont, CA: Nelson, 2010. Hales, D and Lauzon, L.

EVALUATION:

Nutrition Assignment	15% (will be discussed in class)
Lab	15%
Reflective Paper	20%
Mid term	20%
Final	30%

Lab Policy

Attendance is taken at each lab period. It is **MANDATORY** that you attend every lab throughout the term. Students are able to miss one lab with a written reason. I.e. death in the family, extreme sickness. Athletics is NOT a reason to miss labs. Missing more than one lab can result in a zero for your lab mark.

TOPICS TO BE COVERED:**Please Note:**

This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.

Classroom	Labs (all are 1hr long)
Week 1 – Introduction, Course Outline Chapter 1-Wellness and fitness (2hrs)	1A, 1B (Classroom)
Week 2 – Chapter 2-Behavior Modification (1hr) Chapter 10- Stress Management (2hrs)	10A, 10B, 10C, 10D Relaxation
Week 3 – Chapter 10- Stress Management (1hr) Chapter 3-Nutrition (2 hr)	Fitness Assessments, 9A – Skills Testing (Gym) 3A, 3B
Week 4 – Chapter 3- Nutrition (2hr) Chapter 4- Body Composition (1hr)	Nutrition assignment 4B, 4C
Week 5 – Chapter 5-Weight Management (3hrs)	5A-D
Week 6 – Chapter 6- Cardiorespiratory Fitness (2hrs) Quiz- 1hr (Ch. 1-5)	6 A-D- Interval Training (Gym)
Week 7 – Chapter 7- Muscular Strength and Endurance (3hrs)	Gym Orientation
Week 8 – Chapter 8- Muscular Flexibility (2hrs) Chapter 9- Skill fitness and Fitness Programming (1hr)	Posture, Back Care, types of flexibility programs

- Week 9 – Psychological health and wellness (Chapter 3)
(*Invitation to Health*) (3hrs)
- Week 10 – Environmental wellness (Chapter 16)
(*Invitation to Health*) (3hrs)
- Week 11 – Spiritual wellness (Chapter 17) Blood Pressure (Classroom)
(*Invitation to Health*) (3hrs)
- Week 12 – Chapter 11-Heart Disease, (3hrs) Fitness re-assessment (Gym)
Chapter 12 Cancer
- Week 13 – Lifetime Fitness (13) -
- Week 14- review

MOODLE

Go to <http://ilearn.keyano.ca>

This course is supported through Moodle. Assignments, readings and handouts will be posted on Moodle. Login information will be provided by your instructor. For further instructions please see the Moodle handout.

GRADING SYSTEM:

Letter Grade	Description	Grade Points
A+		4
A	Excellent	4
A-		3.7
B+		3.3
B	Good	3
B-		2.7
C+		2.3
C	Satisfactory	2
C-		1.7
D+		1.3
D	Minimal Pass	1
F	Failure	0

Students intending to transfer to other institutions require a 'C-' as a minimum grade. Transfer information on each course is available at the [Alberta Council on Admission and Transfers](#).

Students who do not complete all the required work should not expect to pass the course.
Students should consult:

http://www.keyano.ca/current_students/examinations/index.htm

IMPORTANT DATES:

January 18, 2013	Courses dropped after this date will be designated "W". (A withdrawal (W) is not reflected in your GPA)
March 8, 2013	Courses dropped after this date will be designated "WF". (A withdrawal failure (WF) counts as a 0 in your GPA)
April 19, 2013	Last day of classes
April 22-30, 2012	Final Exams

COLLEGE POLICIES

Equality, Equity and Respect

The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

Students should consult:

http://www.keyano.ca/Committees/IRA/Individual_Rights_Policy.asp

Plagiarism and Cheating

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

Student Rights & Responsibilities

Students should consult the Keyano College Credit Calendar or online at:

<http://www.keyano.ca/Media/Collections/Calendars/Keyano.Calendar1112-10-full.pdf>

Specialized Supports and Duty to Accommodate

Disability Support Services: Learner Assistance Program

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

Specialized Supports and Duty to Accommodate

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.



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4 HOURS PER WEEK**

Clayton Nielsen, Instructor

Date

Reviewed and approved by:

Vincella Thompson, Chairperson

Date

Guy Harmer, Dean

Date