



**Course Outline**

**UNIVERSITY STUDIES**

**HE ED 110**  
**Health and Fitness**  
**Winter, 2014**

**3 CREDITS**  
**4 HOURS PER WEEK**

**INSTRUCTOR: Clayton Nielsen**

**INSTRUCTOR:** Clayton Nielsen  
**PHONE NUMBER:** (780) 791-4813  
**E-MAIL:** clayton.nielsen@keyano.ca  
**OFFICE NUMBER:** S211F

**OFFICE HOURS:**

Monday	1:00-1:50pm
Tuesday	1:00-1:50pm
Wednesday	11:00-11:50am
Thursday	10:00-10:50am
Friday	9:00- 9:50am

**HOURS OF INSTRUCTION:**

Monday	10:00-10:50am
Tuesday	10:00-10:50am lab X
Wednesday	10:00-10:50pm
Thursday	9:00-9:50pm

**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:**

Through a combination of lectures, readings, tests, and laboratory experiences, successful students 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
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
4. Develop an awareness of the function of various public and private agencies in promoting health within the community

**TEXT(S)/MATERIALS REQUIRED:**

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

Other resources: *An invitation to Health (2<sup>nd</sup> 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 ( <b>2hrs</b> )	1A, 1B (Classroom)
Week 2 – Chapter 2-Behavior Modification ( <b>1hr</b> )	10A, 10B, 10C, 10D
Week 3 – Chapter 3-Nutrition ( <b>2 hr</b> )	3A, 3B Fitness Assessments, 9A – Skills Testing (Gym)
Week 4 – Chapter 3- Nutrition ( <b>2hr</b> ) Chapter 4- Body Composition ( <b>1hr</b> )	Nutrition assignment 4B, 4C
Week 5 – Chapter 5-Weight Management ( <b>3hrs</b> )	5A-D
Week 6 – <b>MID TERM</b> Chapter 6- Cardiorespiratory Fitness ( <b>2hrs</b> )	1hr (Ch. 1-5) 6 A-D- Interval Training (Gym)
Week 7 – Chapter 7- Muscular Strength and Endurance ( <b>3hrs</b> )	

Week 8 –	Chapter 8- Muscular Flexibility ( <b>2hrs</b> )  Chapter 9- Skill fitness and Fitness Programming ( <b>1hr</b> )	Posture, Back Care, types of flexibility programs
Week 9 –	Chapter 10- Stress Management ( <b>1hr</b> ) Psychological health and wellness (Chapter 3) ( <i>Invitation to Health</i> ) ( <b>3hrs</b> )	
Week 10 –	Environmental wellness (Chapter 16) ( <i>Invitation to Health</i> ) ( <b>3hrs</b> )	
Week 11 –	Spiritual wellness (Chapter 17) ( <i>Invitation to Health</i> ) ( <b>3hrs</b> )	Blood Pressure (Classroom)
Week 12 –	Chapter 11-Heart Disease, (3hrs) Chapter 12 Cancer	Fitness re-assessment (Gym)
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:**

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

**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](http://www.keyano.ca/current_students/examinations/index.htm)

### IMPORTANT DATES:

January 17, 2014	Courses dropped after this date will be designated "W". (A withdrawal (W) is not reflected in your GPA)
March 7, 2014	Courses dropped after this date will be designated "WF". (A withdrawal failure (WF) counts as a 0 in your GPA)
April 17, 2014	Last day of classes
April 22-30, 2014	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](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.

---



**Course Outline**

**UNIVERSITY STUDIES**

**HE ED 110**  
**Health and Fitness**  
**Winter 2014**

**3 CREDITS**  
**4 HOURS PER WEEK**

\_\_\_\_\_  
Clayton Nielsen, Instructor

\_\_\_\_\_  
Date

**Reviewed and approved by:**

\_\_\_\_\_  
Vincella Thompson, Chairperson

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guy Harmer, Dean

\_\_\_\_\_  
Date

