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**Lethbridge College provides high quality, innovative programs and services enabling learners to achieve their educational and career goals.**

**COURSE OUTLINE**

**PED 165 – APPLIED LIFESTYLE FITNESS I**

**WINTER 2010**

|  |  |  |  |
| --- | --- | --- | --- |
| **Centre:** | Applied Arts and Sciences | **Program:** | General Studies |
|  |  |  |  |
| **Dean:** | Dr Sandy Vanderburgh |  |  |
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| **Chair:** | Marko Hilgersom | **Phone:** | 403.382-6924 |
| **Office:** | TE 2254 | **E-mail:** | Marko.hilgersom@lethbridgecollege.ab.ca |
|  |  |  |  |
| **Instructor:** | Ian Bennett | **Phone:** | 403.320-3202 ext 5457 |
| **Office:** | PE2416 | **E-mail:** | ian.bennett@lethbridgecollege.ab.ca |
|  |  |  |
| **Class Time:** | C02 Monday | 10:00 – 10:50am. | **Location:** | PE 1404 |
|  |  |  |   |
| **Prerequisite:** | N/A | **Corequisite:** | N/A |
|  |  |
| **University Transfer:** | (Please consult [www.acat.gov.ab.ca](http://www.acat.gov.ab.ca) for specific transfer requirements) |

**Course Description:**

This course provides practical strategies and applications for maintaining and improving physical fitness and healthy lifestyles relating to the justice field. Through lectures, practical experience and evaluation, learners will address lifestyle, health and wellness modifications.

**Course Outcomes:**

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

1. Build a broad foundation of current training methods through theory and practice.
2. Set SMART goals, adapt to various physical activities, nutrition/healthy eating, lifestyle modifications and improve all components of fitness.
3. Describe the wellness continuum, the six dimensions of wellness and how they relate to successful lifestyle management.

**Required Text(s) and Materials:**

Wagner Wisotzki, Nancy. *Fitness and Lifestyle Management for Law Enforcement.* Third Edition. Wadsworth 2010.

**Assignment/Activity/Exam List, Due Dates, and Value of Each:**

1. Lab Team Tasks……..……………………………………………………………………….20%
* 10 workouts of the week (2% each)
1. Daily Active Living Record ..10 %
* Collection taken end of Jan. Feb. and March
1. Text Book Lab activities……………………………………………………………………..20%
2. Research Project……………………………………………………………………………..10%
3. Final physical testing improvements………………………………………………………..40%
* Beep Test, PARE, 1.5mile run, push-ups, chin-ups, flexibility
* Beep Test pre-test will be done at the beginning of the semester, every other pre-test score will be used from PED153/157. PARE final test will be done during the first two days of the final exam period, all other tests will be done in class.

 **TOTAL: 100%**

**Improvement Marks:**

A student who achieves a 100%ile rating on the pre-test must maintain the rating at the final test.

- A student who achieves a 95-99%ile rating on the pre-test must improve 1%ile rating at the final test.

- A student who achieves an 85-94%ile rating on the pre-test must improve 3%ile ratings at the final test.

- A student who achieves a 70-84%ile rating on the pre-test must improve 5%ile ratings at the final test.

- A student who achieves a 40-69%ile rating on the pre-test must improve 10%ile ratings at the final test.

- A student who achieves a 39%ile rating or less on the pre-test must improve 15%ile ratings at the final test.

Up to 8.3% will be given for each fitness test (6x8.3%) if the improvement standards are achieved. Your pre-test score will be compared with your final test score. Improvement marks will not be assigned if the pre-test and/or final test is incomplete.

**Other Learning Resources:**

Baechle, T. R., and Groves, B. R. (1998). *Weight training - steps to success human kinetics.* (2nd ed.).

Aller, M. J. (1990). *Sport stretch*. Leisure Press.

Weight Training Video - *Steps to success, human kinetics.* (1993).

**Instructor’s Teaching and Learning Styles (Practices):**

The intent of this beginner course is to allow individualistic learning, group practice and personal physical improvements throughout the semester. Assignments and practical sessions will enable the student to keep up with theoretical knowledge presented in the course, along with daily practical application and exposure to lifestyle training principles and techniques.

All PED courses have been designated as participation based. Due to daily assessments, students must attend and be actively involved in all aspects of the class.

**Grading System:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Letter****Grade** | **Percentage** | **G.P.A.** | **Definition** |
| A+ | 95 – 100 | 4.0 | Excellent |
| A | 90 – 94 | 4.0 | Excellent |
| A- | 86 – 89 | 3.7 | Excellent |
| B+ | 80 – 85 | 3.3 | Good |
| B | 76 – 79 | 3.0 | Good |
| B- | 70 – 75 | 2.7 | Good |
| C+ | 67 – 69 | 2.3 | Satisfactory |
| C | 63 – 66 | 2.0 | Satisfactory |
| C- | 60 – 62 | 1.7 | Satisfactory |
| D+ | 55 – 59 | 1.3 | Minimal Pass |
| D | 50 – 54 | 1.0 | Minimal Pass |
| F | 0 – 49 | 0.0 | Failure |

**Course Work Used as Examples:**

Should your instructor wish to use your work in future educational purposes, you will be asked to complete and sign a Student Release Form, authorizing both the instructor and/or the College to use your course work. This form, along with a copy of your work, is retained in the official copyright files located in the College’s Intellectual Property Office. If you have any questions regarding Copyright and/or Intellectual Property, please contact the Intellectual Property Office.

**Retention of Student Records:**

Examinations/assignments NOT intended to be returned to students will be retained for at least one year from the end of the term. Examinations/assignments intended to be returned to students but are not picked up by students will be retained to the end of the final grade appeal period. After the appropriate retention period, records will be destroyed in a secure manner.

**Attendance Policy:**

This course has been designated as a **COMPULSORY ATTENDANCE COURSE**. Students may not exceed **two** absences over the course of the semester. After four absences have accumulated, the instructor will schedule a meeting with the student to discuss his/her further participation in class and notify the designated program leader of the attendance situation. **On the 3rd absence, the student will be issued an “AF” letter grade.** Instructor discretion will be considered for any verified extenuating circumstance regarding the attendance policy. Instructor contact must be made upon return to class.

**Dress Code:**

Students are required to wear proper gym strip (i.e. shirt, shorts, socks, sweatsuit) and running shoes. Students without proper gym strip, whether it be an inside or outside activity, will not be allowed to participate in the scheduled class activity. A non-participation day is considered as an unexcused absence. No hats indoors please!

**Supplemental Examination:**

Not available for supplemental examination.

**Academic Honesty:**

Academic Honesty is necessary to achieve excellence. Lethbridge College supports and demands academic honesty in all academic learning activities.

Plagiarism is a serious offence and will be handled in accordance with the Students Rights and Responsibilities Policy 3.12.

Lethbridge College uses plagiarism detection software such as Turnitin.com. Students should be aware that if their paper is submitted to a plagiarism detection service, a copy of their paper is retained as a source document in its reference database. As the author, the student retains ownership of the paper submitted.

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**Student Release Form**

***(LC instructor use of student work)***

The personal information on this form is collected under the authority of the Colleges Act of Alberta which mandates the provision of programs and services by public colleges, under the authority of the Alberta Freedom of Information and Protection of Privacy Act and under the authority of the Canadian Copyright Act. The purpose of your personal information is to document your authorization for use of your work. This personal information is protected by the provisions of the Freedom of Information and Protection of Privacy Act. If you have any questions about the collection or use of this information, please contact the Copyright Officer, Lethbridge College, 3000 College Drive South, Lethbridge, Alberta T1K 1L6, (403)382-6928.

**NAME:**

(Please print)

**ADDRESS:**

**PHONE:**

**SUBJECT(S):**

**SIGNATURE:**

**DATE:**

***I understand that my signature authorizes LC to use my course work as an example for future classes or other educational purposes (on a non-profit basis).***

Do you wish to be acknowledged as the creator of this/these example(s)?

**YES** \_\_\_\_ **NO** \_\_\_\_

**Exam List and Value of Each:**

|  |  |
| --- | --- |
| **Assignment/Activity/Exam** | **Value** |
| Assignment 1: Fitness Test | 5% |
| Assignment 2: Nutrition Log | 5% |
| Assignment 3: Research Paper | 10% |
| 7 Quizzes (@ 5% each) | 35% |
| Midterm Exam | 15% |
| Final Exam | 15% |
| Lab Exam | 15% |

**Other Learning Resources:** N/A