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**COURSE OUTLINE  
PED 165 – Applied Lifestyle Fitness I  
Winter 2011**

**Centre:** Applied Arts and Sciences  
**Program:** General Studies

**Dean:** Dr. Sandy Vanderburgh

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**Class Times:** C04 Tuesday 8:00 – 8:50 am  
C05 Wednesday 1:00 – 1:50 pm  
C07 Thursday 11:00 – 11:50 am

**Location:** PE 1404 & PE 2404

**Office Hours:** Monday/Tuesday/Wednesday  
10-11:30 am

**Pre-requisites:** PED 153 or PED 157

**Co-requisites:** N/A

**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. Not available for supplemental.

**Course Outcomes:**

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

1. Demonstrate knowledge of physical exercise and training methods through the application of theory and practice.

2. Set SMART goals, initiate lifestyle modifications, adapt to various physical training activities, and improve the health-related components of fitness.
3. Describe the wellness continuum and the dimensions of wellness, and how each dimension relates to successful lifestyle management.
4. Perform various skills, techniques, and fitness tests in a safe and professional manner.

**Work Based Experience:** N/A

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

Wisotzki, N. W. (2008). *Fitness and Lifestyle Management for Law Enforcement* (3<sup>rd</sup> ed.). Toronto, ON: Emond Montgomery Publications Limited.

Course materials are provided on Angel.

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

1. Laboratory Assignments.....20%

Textbook laboratory assignments are due to the instructor at the start of class one week after they have been assigned.

2. Lab Team Tasks.....10%
3. Daily Active Living Record.....10%

Daily active living records are due to the instructor at the start of class on the following dates:

Collection Period 1 (5%)

- C04 - Records for Jan. 10 – Feb. 13 are due on Tuesday, February 15, 2011
- C05 - Records for Jan. 10 – Feb. 13 are due on Wednesday, February 16, 2011
- C07 - Records for Jan. 10 – Feb. 13 are due on Thursday, February 17, 2011

Collection Period 2 (5%)

- C04 – Records for Feb. 14 – Mar. 20 are due on Tuesday, March 22, 2011
- C05 – Records for Feb. 14 – Mar. 20 are due on Wednesday, March 23, 2011
- C07 – Records for Feb. 14 – Mar. 20 are due on Thursday, March 24, 2011

4. “21 Days of Change” Assignment.....20%

The “21 Days of Change” assignment begins on March 1 and ends on March 21,

2011. The assignment is due to the instructor at the start of class on the following dates:

- C04 – Tuesday, March 29, 2011
- C05 – Wednesday, March 30, 2011
- C07 – Thursday, March 31, 2011

5. Fitness Improvement (Pre-Test – Final Test).....40%
- a) Grip Strength (6%)
  - b) Push-Ups (12%)
  - c) Trunk Forward Flexion (6%)
  - d) Beep Test (16%)

A student who achieves a 95-100%ile rating on the pre-test must maintain the %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.

Fitness final scores in PED 153/157 are used as fitness pre-test scores in PED 165. A fitness pre-test for grip strength and the leger beep test is scheduled during weeks two and three of classes. Final testing for all fitness evaluations is scheduled during the last three weeks of classes. Pre-test scores will be compared with final test scores to evaluate fitness improvement. Improvement marks will not be assigned if the pre-test and/or final test is incomplete.

Note: Fitness final scores in PED 165 are used as fitness pre-test scores in PED 253 Applied Lifestyle Fitness II.

**Grading System:**

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

### **Instructor's Teaching and Learning Styles (Practices):**

#### Teaching and Learning Style

Instructor teaching and learning style practices include lecture, active individual/team participation, and student leadership of activities.

#### Class Expectations

This course has been designated as a participatory course therefore, students are expected to attend class regularly and be actively involved in all aspects of class. Students are expected to arrive to class on time, assist with set up/take down of equipment, demonstrate respect for the instructor and students, apply the rules of safety in all training activities, and train to the best of his/her ability.

Students are not allowed to use electronic devices i.e., cell phones, ipods, iphones, and MP3 players during class time. Students are asked to turn cell phones off while class is in progress.

## Dress Code

Students are required to wear proper exercise attire (i.e., t-shirt or tank top, shorts or sweat suit, and socks) and clean running shoes. Students without proper exercise attire and footwear will not be allowed to participate in the scheduled class activity. No hats indoors!

## Assignments

Assignments are due to the instructor at the start of class. Late assignments will be accepted within 24 hours of the due date and time with a 20% deduction. Failure to hand in an assignment will result in a "0" mark for the assignment.

## Fitness Testing

Students are expected to be in attendance for all fitness examinations. If a student is absent on an examination day, the student must notify the instructor of the validated absence at least 24 hours prior to the exam date. If a student is sick or injured on the day of the exam, the student must contact the instructor prior to class time. It is the student's responsibility to reschedule the examination upon return to class. Testing must be made up within one week of return to school. Failure to notify the instructor of an absence on an examination day and/or reschedule the missed exam will result in a "0" mark for the exam.

## Recording Lectures & Class Discussions

Any recording of lectures and/or class discussions is permitted only with the prior written consent of the instructor or if the recording is part of an approved accommodation plan.

## **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 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:**

Exams/assignments NOT intended to be returned to students will be retained by the instructor for at least one year from the end of the course section. Exams and assignments which are intended to be returned, but 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 two 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 chairperson of the attendance situation. **On the third absence, the student will be issued an “AF” letter grade.**

**Supplemental Examination:**

PED 165 is 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.