



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

**COURSE OUTLINE  
PED 153 C08 – TRAINING AND PERSONALIZED FITNESS  
Fall 2010**

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

**Dean:** Dr Sandy Vanderburgh

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**Class Time:** C08 Monday & 12:30 – 1:50 p.m.      **Location:** PE 1404, PE1405  
Wednesday

**Prerequisite:** None      **Corequisite:** None

**University:** UL UC UA AU

**Transfer:** (Please consult [www.acat.gov.ab.ca](http://www.acat.gov.ab.ca) for specific transfer requirements)

**Course Description:**

This course serves as a preparation for subsequent physical activity courses or for physically demanding professions. The student will be challenged to improve his/her overall fitness level through a variety of fitness training activities. There is an emphasis on wellness and lifestyle modifications, as well as team building in an enjoyable exercise climate.

**Course Outcomes:**

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

1. Meet the physical fitness standards required in this course through training all five components of fitness: cardio-respiratory fitness, muscular endurance and strength, flexibility and body composition.
2. Improve student's overall lifestyle and wellness through physical fitness.
  - a) Describe the benefits (impact) of physical fitness towards one's lifestyle and wellness. (?)
3. List (Discuss or Describe) the fitness training principles and the components of fitness.
4. Perform various skills, techniques, and demanding tests in a safe and professional manner.
  - a) I took out the extra variety. – we have both variety and various in the same sentence!!
5. Demonstrate a full commitment to participation in this course.
6. Develop and achieve individual and team-oriented goals.

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

Bertil Johansson & Darlene Ponjavic-Vornbrock, PED 153 Training and Personalized Fitness Manual, 2007

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

- 1. Final Fitness Testing (last week of classes) .....25%
  - a) Chin-Ups 10%
  - b) Push-Ups 15%
  - c) Trunk Forward Flexion 15%
  - d) 1.5 Mile Run 25%
  - e) P.A.R.E. Obstacle Course 35%  
100%

A pre-test in September will be scheduled to assess your current fitness level. See below.

Failure to attend class on an examination day will result in a “0” mark for that exam. If a student is to be away on an examination day, the student must notify the instructor at least one day 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.

- 2. Fitness Improvement (Pretest – Final Test).....20%
  - 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 4% will be given for each fitness test (5x4%) 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.

- 3. Assignments and Quiz’s.....40%
  - a) Group Assignment and paper - 20%
  - b) Personal Fitness Profile - 10%
  - c) 2 Quiz’s - 10%

4. Participation .....15%

- a) Physical pre-testing - 5%
- b) Leading warm up/cool down - 5%
- c) Team tasks - 5%

“Training and Personalized Fitness” has been designated as a PARTICIPATORY COURSE. Due to daily assessment, students must attend class and be actively involved in all aspects of class.

**Other Learning Resources:**

Recommended Texts

Hesson, James. *Weight Training for Life, 9<sup>th</sup> Edition*. Wadsworth, 2010.  
 Alter, Michael J. *Sport Stretch, 2<sup>nd</sup> Edition*. Champaign, IL: Human Kinetics, 1998.

LCC Library Resources

“Strength Training” V.T. GV 546 S7736; V.T. GV546 S773 1993  
 “Strength & Power Training” V.T. GV 481 S773  
 Weight Training Video

Websites

Tips for Weight Training – [www.netfit.co.uk/tech3.htm](http://www.netfit.co.uk/tech3.htm)  
 Weight Lifting & Body Exercises – [www.netfit.co.uk/bodmen.htm](http://www.netfit.co.uk/bodmen.htm)  
 Upper Body Weight Lifting Exercises – [www.netfit.co.uk/upper-body-web.htm](http://www.netfit.co.uk/upper-body-web.htm)  
 Lower Body Weight Lifting Exercises – [www.netfit.co.uk/lower-body-web.htm](http://www.netfit.co.uk/lower-body-web.htm)

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

Lecture and active individual/team participation.

**Grading System:**

Letter Grade	Percentage	G.P.A.	Definition
A <sup>+</sup>	96 – 100	4.0	Excellent
A	91 – 95	4.0	Excellent
A-	86 – 90	3.7	Excellent
B <sup>+</sup>	81 – 85	3.3	Good
B	76 – 80	3.0	Good
B-	71 – 75	2.7	Good
C <sup>+</sup>	66 – 70	2.3	Satisfactory
C	61 – 65	2.0	Satisfactory
C-	56 – 60	1.7	Satisfactory
D <sup>+</sup>	53 – 55	1.3	Minimal Pass
D	50 – 52	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 **four** 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 chair of the attendance situation. **On the fifth 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. t-shirt, shorts, socks, sweat suit) and clean running shoes. Shirts must be loose-fitting and cover the entire torso (no tank tops or muscle shirts allowed). Students are required to wear a long-sleeve shirt and sweatpants for combative fitness and break-fall classes. Fingernails must be trimmed and gum/jewellery removed in order to participate in combative and break-fall activities. Students without proper gym strip and footwear will not be allowed to participate in the scheduled class activity. A non-participation day is considered as an absence. No hats indoors!

### **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.