



**SCHOOL OF BUSINESS AND CREATIVE DESIGN**

PHYSICAL AND HEALTH EDUCATION DEPARTMENT

**Course Outline – Winter 2014**

**Course Code:** PED 1003

**Course Title:** Physical Education and Recreational  
Activity 1

*Prepared By:* Angela Barclay

*Date:* May 2010

*Revised By:* Angela Barclay

*Date:* December 2013

*Approved By:* Yvonne Clarke, Associate Dean

*Prerequisite:* None

*Corequisite:* None

*Prerequisite for:* None

## 1. Course Description

*This course introduces students to various seasonal sports and fitness training activities they will be able to engage in throughout their lives in an effort to maintain good health. A discussion of and various activities related to personal health issues surrounding body image, healthy eating, and current health issues relevant in the world today will also occur.*

## 2. General Education and Essential Employability Skills

**This course provides the following provincial Essential Employability Skills:**

- #1: Communication
- #2: Numeracy
- #3: Critical Thinking and Problem Solving
- #4: Information Management
- #5: Interpersonal
- #6: Personal

**Is this course approved as a General Education course?**

**No**

**Yes**

Students should refer to their program's restricted General Education courses for final determination.

## 3. Learning Outcomes

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

1. Identify and demonstrate the rules and basic strategies involved in the activities covered in this course
2. Construct a basic fitness program.
3. Explain the benefits of maintaining an active lifestyle.
4. Identify the strategies conveyed in Canada's Food Guide to Healthy Eating.
5. Examine the connections between health, body image and self-esteem.
6. Examine and present information on current health issues when formulating their informed opinions.

#### 4. Course Objectives

(The number in brackets at the end of each objective refers to the learning outcome from section 3.)

		<i>Learning Outcome Reference Number</i>
<b>Unit 1</b>	<b>Sport Activities</b>	
1.1	Perform the basic skills required to participate in the activities covered.	[1]
1.2	Discuss introductory concepts related to the activities.	[1,3]
1.3	Interpret the basic rules applicable to the activities covered.	[1]
1.4	Label the important field of play markings associated with the activities covered.	[1]
<b>Unit 2</b>	<b>Fitness Training</b>	
2.1	Identify the components of fitness.	[1,2]
2.2	Design and partake in personal fitness programs/tests based on industry standards presented in the course.	[2]
2.3	Maintain, extrapolate, and utilize information from a personal fitness log.	[2,3]
<b>Unit 3</b>	<b>Active Living</b>	
3.1	Define Wellness and list the various behaviours necessary to be well.	[3,5]
3.2	List the 7 dimensions of wellness and discuss each.	[3,5]
3.3	Examine the principles of Active Living.	[3,6]
3.4	Discuss the connections between health, fitness and body image.	[5,6]
3.5	Discuss the social dynamics involved in body image, health and well-being.	[5,6]
<b>Unit 4</b>	<b>Healthy Eating</b>	
4.1	Identify the strategy proposed in Canada's Food Guide.	[4]
4.2	Evaluate their own eating habits to get an idea of how healthy their habits currently are.	[4,5,6]
4.3	Construct an action plan for healthy eating.	[4]
4.4	Identify and differentiate between micronutrients and macronutrients in a healthy diet.	[4]
4.5	Recognize the importance of micronutrients in their diet.	[4]
4.6	Determine dietary information using product labels.	[4]

## Unit 5 Issues in Community Health

- 5.1 Select reliable sources for a greater understanding of health issues. [6]
- 5.2 Identify relevant points when summarizing health issues. [3,5,6]
- 5.3 Debate their opinion regarding health topics covered in class. [3,5,6]

## 5. Resources and Supplies

### a. Required

Appropriate athletic footwear (running shoes with non-marking soles)

Fitness apparel (shorts or track pants, T-shirt or sweatshirt)

Personal sport equipment when appropriate

### b. Supplemental

None

## 6. Methodology

*This course will consist of two hours of practical sessions in the gym, weight room and on the playing fields as well as one hour hybrid. Tests will occur during the semester to evaluate the student's knowledge, and fitness levels. This course will utilize the on-line learning environment known as LION, all exchanging of materials and correspondence will be done using the LION.*

## 7. Student Evaluation

A grade of a D is a passing grade for this course.

The following elements will determine the student's final grade:

Skills Assessments (15 @ 2% each)	30%
Sport Rules Quizzes (2 @ 5% each)	10%
Hybrid Health Assignments (10 @ 3% each)	30%
Reports (2 @ 5% each)	10%
Fitness Training Logs (4 @ 5% each)	20%
<b>Total</b>	<b>100%</b>

***Refer to the Physical and Health Education Departmental Guideline Policy, found in the LION course, for detailed information regarding missed/late tests or assignments.***

The round off mathematical principle will be used. Percentages are converted to letter grades and grade points as follows:

Mark (%)	Grade	Grade Point	Mark	Grade	Grade Point
94-100	A+	4.0	67-69	C+	2.3
87-93	A	3.7	63-66	C	2.0
80-86	A-	3.5	60-62	C-	1.7
77-79	B+	3.2	50-59	D	1.0
73-76	B	3.0	0-49	F	0.0
70-72	B-	2.7			

## 8. Academic Integrity

Lambton College is committed to high ethical standards in all academic activities within the College, including research, reporting and learning assessment (e.g. tests, lab reports, essays).

The cornerstone of academic integrity and professional reputation is principled conduct. All scholastic and academic activity must be free of all forms of academic dishonesty, including copying, plagiarism and cheating.

Lambton College will not tolerate any academic dishonesty, a position reflected in Lambton College policy. Students should make themselves familiar with the [Students Rights and Responsibilities Policy](#), located on the MyLambton website for details concerning academic dishonesty and the penalties for dishonesty and unethical conduct.

Questions regarding this policy, or requests for additional clarification, should be directed to the [Lambton College Centre for Academic Integrity](#)

## 9. Related Items

### ***Students with Disabilities***

If you are a student with a disability please identify your needs to the professor and/or the Accessibility Centre so that support services can be arranged for you. You can do this by making an appointment at the Accessibility Centre, Room L103 ext.3427 or by arranging a personal interview with the professor to discuss your needs.

### ***Student Rights and Responsibility Policy***

*Acceptable behaviour in class is established by the instructor and is expected by all students. Any form of harassment or violence will not be tolerated. Action will be taken as outlined in Lambton College policy.*

*Cheating and plagiarism are serious academic offences subject to disciplinary action. It is the student's responsibility to be aware of the cheating policy as described in the Lambton College Student Rights and Responsibilities policy. For further information on all of these policies, links may be found on the Lambton College website.*

### **Prior Learning Assessment Statement**

*This course is eligible for Prior Learning Assessment*

**Yes**       **No**

*If yes has been selected, you may choose to contact the Counselling Department for advice on Prior Learning Assessment.*

### **Date of Withdrawal without Academic Penalty**

*Please consult the Academic Regulations and Registrar's published dates.*

### **Waiver of Responsibility**

*Every attempt has been made to ensure the accuracy of this information as of the date of publication. The content may be modified, without notice, as deemed appropriate by the College.*

*Note: It is the student's responsibility to retain course outlines for possible future use to support applications for transfer of credit to other educational institutions.*