



Physical Education Program  
Course Outline for

**HEED 110**  
**Personal Health & Well-Being**

(hrs/wk: 3 lec : 0 lab : 0 sem)

Fall 2015 Section GS02

with instructor **Mark Lund**, *M.Sc., M.A.*

Tuesday & Thursday, 14:00 to 15:20 PM in rm. 7-269



*above graphic from MS Clip Art*

Office: **9-209a City Centre Campus**

MacEwan e-mail: [lundm@macewan.ca](mailto:lundm@macewan.ca)

MacEwan Phone: **780.497.5660**

MacEwan website: <http://academic.macewan.ca/lundm/>

Office Hours: **Tuesday & Thursdays, 11:00 AM to Noon**

*Course changes will be posted to the class Blackboard website!*

**Course Description:**

This course is an introduction to the general concepts of health promotion and wellness, health education and current health issues. It provides an individual-based analysis of personal health issues with an emphasis on planning and managing one's own lifestyle to enhance health and well-being. Emphasis is on planning and managing one's own lifestyle for health and well-being within the context of the current health care system.

**Course Objectives:**

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

- Demonstrate an understanding of the basic concepts of personal health, physical fitness and nutrition.
- Identify and explain the components of wellness
- Describe (have explored) the various theories relating to health behaviour change and how to use them in real life situations.
- Demonstrate knowledge of current health issues.

**Prerequisite / Co-requisite:** No prerequisite is required.

## Course Requirements:

Item	Term Value %
1 Weekly Wellness Reflections and Exercises, and Final Wellness Reflection (15 + 10 + 10) <i>due: wks 2, 3 &amp; 4 Oct. 8, wks 5 - 8 Oct 29., wks 9 - 11 &amp; Final Reflection Nov. 26</i>	35
2 Class Presentation and Research Article Review <i>due as scheduled</i>	20
3 Mid-Term Exam – for wks 1-7, on wk 8 – Oct. 29	15
4 Final Exam – <i>tentatively 13:00 PM, Tuesday, Dec. 15th in rm TBA</i>	30
Total	100

## Textbooks:

Required: Insel, P., Roth, W., Irwin, J., & Burke, S. (2012) *Core Concepts in Health: Canadian edition*. McGraw-Hill Ryerson

Recommended: Hacker, D. & Sommers, D. (2011) *A Canadian Writer's Reference, 5th Ed.* Scarborough, Ont., Thomson Canada, or a similar writers reference.

## Assignments:

### Wellness Journal, Reflections, Exercises & Final Reflection

Over ten weeks of this term (weeks 2 to 11) you are to maintain a Wellness Journal. This journal is a record of your attempts to change or improve on your selected wellness behavior(s). Such behavior(s) may include: fitness workouts (IF this is your choice), your lifestyle activities (Active Living), your nutrition and diet changes, or your attempts at changing any other health behavior(s) for the better. You must record your changes, your success, your failures, and most importantly, your reflections, what have you learned, and what will you do next! During the course of the term various exercises are to be included within your journal. This is a journal, and reflection upon, of your journey to improved health. Within your text, and on the course web site are a number of exercises to help you with this journey and journal. You choose which behaviors are important, you choose many of the forms to use and to track your journey, and each week reflect on your progress, your failures and what you hope to do next. These weekly journals are to be submitted at three times during the term. Your First Reflection is to include a summary of your present health status, your understanding of health, and first weeks of trying, and your Final Reflection is a summary of your journey, and as such should include a second review of your status on all dimensions of wellness. In addition the Final Reflection should summarize and review your ten week journey, and finish with a setting of short, intermediate, and long term goals; for the next few weeks, months, and out to the next year or two. A wide variety of forms, exercises, tests and evaluation rubrics will be available on the course Blackboard site to assist with this assignment.

## Class Presentation and Research Article Review

You are to choose a course topic and prepare a presentation that is to be presented using MS PowerPoint software or a negotiated alternative. This presentation is to include review of both the basic concepts and facts, AND at least one recent research article relevant to the topic. You may choose to do this project with up to four classmates. The length of this presentation is to be approximately 10 minutes for each student involved. If the number of participants is more than one, then the number of research articles to be reviewed = n-1. Thus you are to both review the basic concepts, facts and principles of your chosen topic, and review recent (not more than 4 years old, since 2011-Jan-01) research relevant to your chosen topic. There should be approximately a 85:15 (concepts & facts : research) time balance in your presentation. In addition to the class presentation a selection of **multiple choice** exam questions (minimum 3 questions per presentation participant). Your presentation material will be distributed to your classmates on the class blackboard site as a MS PowerPoint .pdf handout or alternative.

*Often the reviews of relevant research articles are not well done due to poor article selection! You must choose recent research articles, NOT review articles, NOT popular press articles, and NOT research summaries. You must start with a "first hand" research report. To find such reports look in the academic journals!*

Evaluation of this presentation, research review, and exam questions will include the degree of research exhibited, the format and quality of the MS PowerPoint classroom presentation, and multiple choice questions. Your presentation as a MS PowerPoint file **must be** received four days before the scheduled class period.

**You (and each member in your group) must begin your topic negotiation with each other and with the instructor by e-mail, by the start of week 2. Topics will assigned on a first come, first serve basis, on the basis of e-mail dates. In your e-mail please rank (1 = first choice) your topic choices (at least three choices please), and list the full names AND MacEwan e-mail address for each member of your group.**

The evaluation rubrics for this assignment are available on the class Blackboard web site.

### Tentative Course Schedule:

Wk. /Monday	Lec. (Tue.)	Lec. (Thu.)
1 S. 7		Introduction to HEED 110 Intro' to Health & Wellness – the changing concepts
2 S.14	Behavior Change Theory applied to Wellness & Lifestyle Change	Intro' to Physical Fitness Aerobic Fitness
3 S.21	Anaerobic and Strength Training Principles	Flexibility and Stretching Back & Neck Care
4 S.28	Psychological Health & Stress Management	- Spirituality, Emotional Wellness - Program Adherence

<b>Wk. /Monday</b>	<b>Lec. (Tue.)</b>	<b>Lec. (Thu.)</b>
5 O.5	Nutrition & Diets	Diet and Exercise Supplements
6 O.12	Body Composition	Eating Disorders / Female Athlete Triad
7 O.19	<ul style="list-style-type: none"> <li>- Sport Injuries &amp; Prevention</li> <li>- Exercise Induced Asthma</li> </ul>	Workplace Wellness
8 O.26	<ul style="list-style-type: none"> <li>- Diabetes</li> <li>- Osteoporosis</li> </ul>	Arthritis
9 N.2	Cardiovascular Disease, Cerebral Vascular Accidents & Cancer	Social Wellness & Personal Safety
10 N. 9	<ul style="list-style-type: none"> <li>- Addictive Illnesses: Tobacco, Alcohol, Drugs &amp; other addictives</li> <li>- Fitness for Special Populations (Children, Seniors &amp; the Disabled)</li> </ul>	Remembrance Day – no classes
11 N.16	STIs - Description, Prev. & Treatment	Birth Control - Types/Methods, Adv. & Disadv
12 N.23	Health-Care & Consumerism	Health and the Environment
13 N.30	<ul style="list-style-type: none"> <li>- Our Medical/Health System</li> <li>- Approaches to Health Education</li> </ul>	<ul style="list-style-type: none"> <li>- Comprehensive School Health</li> <li>- The Alberta School Health Curriculum</li> </ul>
14 D.1	TBA/Wrap-up Class <i>(if required?)</i>	Final Exams commence Dec. 7th
15	Final Exam Week – HEED 110 (sec GS02) is tentatively scheduled for <b><i>13:00 PM, Tuesday, Dec. 15th in rm TBA</i></b>	



# Physical Education Program

at Grant MacEwan University

## *Evaluation, Grading, Exams, Policies and Students with Special Needs*

*for Core Courses and Activity Courses  
including HEED, PERL, PEDS, PACT & RCLS courses.*

<b>Term Summary*</b>	<b>Grade</b>	<b>Grade Point</b>	<b>Descriptor</b>
95-100	A+	4.0	
90 - 94	A	4.0	Excellent
85 - 89	A-	3.7	
80 - 84	B+	3.3	
75 - 79	B	3.0	Good
70 - 74	B-	2.7	
65 - 69	C+	2.3	
60 - 64	C	2.0	Satisfactory
55 - 59	C-	1.7	minimal required for University transfer credit
50 - 54	D+	1.3	
45 - 49	D	1.0	Minimal Pass
<45	F	0.0	Failure
Withdrawal Failure	WF	0.0	*
Incomplete	In		(must be requested and a contract negotiated)
Supplemental	S		(unavailable)
Deferred	Def		(must be requested in advance of the final exam)

- Official final grades can be accessed through the MacEwan website **My Student System**. Grant MacEwan University adheres to the Alberta Common Grading Scheme, which is a letter grade system. While instructors may use percentages to aid in their grade development, only the letter grade will appear on transcripts.
- WF - to avoid a WF grade one must withdraw from the course by the withdrawal deadline. This deadline is now the last day for scheduled classes (2015 Dec 04). Students are responsible for knowing the appropriate withdrawal deadline for each of their courses.
- Term Summary **maybe** adjusted.
- Changes in the exam schedules will be announced in class.
- Marked assignments and lab reports will normally be returned within three weeks of submission.
- Photo I.D. should be available for inspection at any term or final exam.
- Students may not enter an exam room after any other student has completed the exam.
- On any final exam students may not leave the room until 60 minutes have passed.
- Policy C1035 provides for the regulation that no student may register in a credit course after they have already received two grades in the course.

## **Student Responsibilities:**

*Students are expected to be aware of their academic responsibilities as outlined in the Students' Rights and Responsibilities section in the University Calendar.*

## **Academic Integrity:**

MacEwan University's Academic Integrity Policy (C1000) promotes honesty, fairness, respect, trust, and responsibility in all academic work. According to the policy, "All members of the University community have the right to work and study in an environment of Academic Integrity and a responsibility to protect Academic Integrity by being aware of this policy" (2.3). This policy can be found at: <https://facultycommons.macewan.ca/services/academic-integrity> .

The policy defines academic dishonesty as the following: "Academic dishonesty involves participating in acts by which a person fraudulently gains or intentionally attempts to gain an unfair academic advantage thereby compromising the integrity of the academic process" (3.5). Here are four common forms of academic dishonesty as outlined in the policy:

- 3.5.1 Cheating on Tests and Examinations:** Copying the work of others or the use, or attempted use, of unauthorized notes, information, materials, study aids, or devices in any academic exercise or activity.
- 3.5.2 Plagiarism:** The use and submission of another's words, ideas, results, work, or processes without providing appropriate credit to the individual(s) responsible for same.
- 3.5.3 Improper Collaboration:** Inappropriate sharing of work on an assignment that was intended as an individual assignment or working together in groups beyond the degree of permissible collaboration set out by the instructor.
- 3.5.7 Multiple Submissions:** Submitting the same academic work in multiple courses without permission of the instructor(s).

A more detailed description of academic dishonesty can be found in the Academic Integrity Policy. Students are responsible for understanding what constitutes academic dishonesty. All incidents of academic dishonesty are reported to and recorded by the Office of Academic Integrity. The penalties for academic dishonesty include the following:

- a mark reduction up to zero on a piece of academic work
- a grade reduction up to an F in the course
- a requirement to withdraw (with transcript notation) from a program for a specified period of time
- expulsion from the University (with transcript notation)

Please see the Academic Integrity Policy at <https://facultycommons.macewan.ca/services/academic-integrity> for more details.

**REGISTRATION STATUS:** You are responsible for your registration status at the University. Program Advisors may assist you with the process of registration, including adding or dropping of courses, but it is your responsibility to verify that these changes have been officially completed. This verification can be done at any time using *My Student System*. You should check your official registration status before the last date to officially withdraw from the course.

**WITHDRAWING FROM THE COURSE:** If you stop attending class you must complete a Course Drop Form, have it signed by a appropriate Advisor, and submitted it to the Registrar's Office by the last day to withdraw as provided in the Academic Schedule in the University Calendar. Failure to officially withdraw will result in a grade being assigned based on course work completed.

**EXAMS:** Your student photo I.D. is required at exams. It is at the discretion of the instructor whether you will be allowed to write the exam if you arrive over 15 minutes after the exam has begun. You must remain in the exam room for at least 60 minutes from the time it commenced. Electronic equipment (iPods, cell phones, etc.), other than basic calculators that have been approved by the instructor, are not allowed to be used during exams. Permission to use the washroom during exams is at the discretion of the instructor and may require accompaniment.

**MISSED TERM EXAMS:** If you miss a term exam you must provide the instructor with an explanation within 24 hours or a grade of zero may be given. Notification may be provided through email, voice mail, or direct contact with the instructor. Official documentation as to why the exam was missed will be needed to assess whether a make-up exam or

pro-rating of the course grade will be allowed. Medical excuses must include the date you were examined, the specific dates for the period of the illness, a clear statement indicating that the severity of the illness prevented you from attending school or work, and the signature of the examining physician (a signature by office staff on behalf of the physician is not acceptable). Medical notes obtained subsequent to the date of the exam are generally not accepted. A grade of zero will be given if the instructor considers the excuse inappropriate or inadequately substantiated.

**DEFERRED FINAL EXAMS:**

A deferred examination will be granted if a student misses the final lecture examination for reasons considered by Health and Community Studies to be unavoidable (deferred examinations do not apply to term or laboratory examinations). An application for a deferred examination must be provided to Health and Community Studies no later than two business days after the date of the missed final examination. Application forms are available from the Office of the Dean of Health and Community Studies (9-402) and must be submitted with appropriate documentation. Students should advise the instructor prior to the examination if they know beforehand that they will be unable to attend the scheduled examination time. Deferrals are determined by the Chair of the Department of Allied Health and Human Performance, NOT by the course instructor. If you have any questions about the process please call the Health and Community Studies office at 780 497-4567

**LATE ASSIGNMENTS & REWRITES:** Late assignments are not normally accepted by M. Lund, but maybe accepted for submission with appropriate rationale, and will be penalized for lateness. Extensions for assignment deadlines will only be granted if requested more than 48 hours prior to the deadline by e-mail. Assignments are normally scheduled to be due at the start of class.

Major assignments (>16%) maybe resubmitted for reconsideration after a rewrite. Such resubmitted assignments will only be considered for 85% of the weight of the original assignment. Such resubmission must be requested by e-mail within one week of the return of the original assignment, and such e-mail request must include a new proposed resubmission deadline. The new proposed deadline must be no less than one week prior the final written exam in the course. Such resubmission must include: the rewritten assignment, the original evaluation rubric, the original assignment, any other required attachments, and a Summary Page of all changes made within the rewrite.

**CELL PHONES:** Cell phones are to be turned off during lectures, labs, seminars, and exams (except under exceptional circumstances in which approval has been given by the instructor).

**STUDENTS WITH SPECIAL NEEDS:** Students who may have special requirements in this course are advised to discuss their needs with Services to Students with Disabilities located in the Student Resource Centre. You should advise the course instructor(s) of any special needs that are identified. See Policy E3400 Students with Disabilities.

**STUDENT APPEALS:** The University has a policy regarding Student Appeals (E3103). You should access this policy to become aware of the deadlines and guidelines that need to be followed if you are appealing a grade or other University assessment.

**Email:** All students are given a <name>@*mymacewan.ca* email address. This email address is available to the course instructor who may distribute relevant course information or announcements via email. The **Instructors and Programs** regularly communicates with students via email. Check your <name>@*mymacewan.ca* regularly or forward it to an email address that you do check regularly. If you use email to communicate with your instructor you must use your *mymacewan* account. This is to protect your privacy: if a non-*mymacewan.ca* account is used, there is no way for the instructor to verify the identity of the sender and in this day of spam and viruses are unlikely to even open such e-mail.

**Disclaimer:** The information in this Course Outline is subject to change; any changes will be announced and distributed to the class by e-mail, Blackboard or on this posted outline or, if applicable, in the laboratory.

Grant MacEwan University – Physical Education  
**Instructor Schedule & Contact Information**

Fall Term – 2015  
**Contact Information**

Instructor: **Mark Lund, M.Sc., M.A.**  
 Work Phone: **780.497.5660**  
 E-mail: **lundm@macewan.ca**

Office Location: **9-209a**  
 Home Phone: **780.436.4253**

MacEwan Web Page:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00		PACT 180 Swimming Pool		PACT 180 Swimming Pool	
8:30					
9:00					
9:30					
10:00					
10:30					
11:00		*Office Hour rm 9-209a		*Office Hour rm 9-209a	
11:30					
Noon					
12:30					
1:00					
1:30					
2:00		HEED 110 rm 7-209		HEED 110 rm 7-209	
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					

- In addition I am teach PEDS 2015 (Intro' to Outdoor Education) over a series of five weekends this term and will have weekend specific office hours for this class.
- I am available for appointments at other times, please contact by phone, e-mail or after class. I do generally respond to e-mail queries within a few hours, seven days a week (IF home or in the office) and this is the best way to communicate technical and administrative questions.