

Healthy Lifestyle

Police and Public Safety Institute

Course Number: GEN2003	Contribution to Program: General Education	Normative Hours: 45
Applicable Program(s): Multiple Programs	AAL: Multiple Levels	Core/Elective: Multiple Core/Elective
Prepared by: Julie Rissler Professor		Approval Date: 06/06/2013
Co-Requisites N/A		Approved by: Barbara Foulds, Ph.D. Acting Dean
Pre-Requisites N/A		Approved for Academic Year: 2013-2014

COURSE DESCRIPTION

Through self-evaluation, weekly journals, research and hands-on exercises students gain the knowledge and skills necessary to lead a healthy lifestyle.

RELATIONSHIP TO VOCATIONAL LEARNING OUTCOMES

This is a general education course that supports learning in the following theme area: **Personal Understanding**

T: Teach A: Assess CP: Culminating Performance

ESSENTIAL EMPLOYABILITY SKILLS

The course contributes to your program by helping you achieve the following **Essential Employability Skills**:

- 1 Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience.(A)
- 2 Respond to written, spoken or visual messages in a manner that ensures effective communication.(A)
- 6 Locate, select, organize and document information using appropriate technology and information systems.(T)
- 7 Analyze, evaluate and apply relevant information from a variety of sources.(T)
- 10 Manage the use of time and other resources to complete projects.(T,A)

T: Teach A: Assess CP: Culminating Performance

COURSE LEARNING REQUIREMENTS/EMBEDDED KNOWLEDGE AND SKILLS

COURSE LEARNING REQUIREMENTS When you have earned credit for this course, you will have demonstrated the ability to:	EMBEDDED KNOWLEDGE AND SKILLS
1. Compare your daily diet to the Canadian Food Guide.	1 Follow and evaluate the Canadian Food Guide.
2. Estimate your daily energy requirement using food and nutrition board formulas.	1 Calculate your daily energy requirement for weight maintenance.
3. Identify weight-loss goals and way to meet them.	1 Calculate your weekly and daily negative calorie balance goals and the number of weeks to achieve your target weight. 1 Assess yourself for body image problems and eating disorders.
4. Complete lab activities to assess your physical fitness profile that will help produce your personal exercise schedule.	1 Identify and assess your exercise habits. 1 Employ an assessment to determine where you need improvement.
5. Identify various injuries, treatments and preventions.	1 Identify, treat and prevent injuries.
6. Use and identify various reliable resources in order to research how	1 To prevent or minimize the risk of cancer, heart disease and

chemical substances affect physical fitness and how to help prevent heart disease, cancer and sexually transmitted disease.	sexually transmitted diseases. 1 Describe different chemical substances and how they affect physical fitness.
7. Reflect on your own personal reactions to the topic of the week by keeping a weekly journal.	1 Record and articulate your opinion on healthy lifestyle issues.

LEARNING RESOURCES

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| <ul style="list-style-type: none"> 1 Required Textbook: <u>Fit & Well</u> Third Canadian Edition Authors: Fahey, Insel, Roth, Wong. 1 Research on the Internet 1 On-line discussion groups 1 Labs | Publisher: McGraw-Hill Ryerson |
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LEARNING ACTIVITIES

During this course, you are likely to experience the following learning activities:

- 1 Keeping a weekly journal.
- 1 Planning a healthy diet.
- 1 Planning an exercise schedule.
- 1 Labs.
- 1 On-line discussion groups.

EVALUATION/EARNING CREDIT

The following will provide evidence of your learning achievements:	This activity validates the following Course Learning Requirements and/or Essential Employability Skills:
Personal Diet Plan 25%	<ul style="list-style-type: none"> 1 Locate, select, organize and document information using appropriate technology and information systems. - [EES 6] 1 Analyze, evaluate and apply relevant information from a variety of sources. - [EES 7] 1 Manage the use of time and other resources to complete projects. - [EES 10]
Exercise Schedule 25%	<ul style="list-style-type: none"> 1 Complete lab activities to assess your physical fitness profile that will help produce your personal exercise schedule. - [CLR 4] 1 Locate, select, organize and document information using appropriate technology and information systems. - [EES 6] 1 Analyze, evaluate and apply relevant information from a variety of sources. - [EES 7] 1 Manage the use of time and other resources to complete projects. - [EES 10]
Weekly Journal 25%	<ul style="list-style-type: none"> 1 Reflect on your own personal reactions to the topic of the week by keeping a weekly journal. - [CLR 7] 1 Respond to written, spoken or visual messages in a manner that ensures effective communication. - [EES 2] 1 Analyze, evaluate and apply relevant information from a variety of sources. - [EES 7] 1 Manage the use of time and other resources to complete projects. - [EES 10]
Weekly Activities: 7.5% The Weekly Activities include: Injury and Prevention Learning Quiz 5 Nutrition and You Activity 2.5	<ul style="list-style-type: none"> 1 Use and identify various reliable resources in order to research how chemical substances affect physical fitness and how to help prevent heart disease, cancer and sexually transmitted disease. - [CLR 6] 1 Estimate your daily energy requirement using food and nutrition board formulas. - [CLR 2] 1 Identify weight-loss goals and way to meet them. - [CLR 3] 1 Identify various injuries, treatments and preventions. - [CLR 5] 1 Compare your daily diet to the Canadian Food Guide. - [CLR 1]

		<ul style="list-style-type: none"> 1 Complete lab activities to assess your physical fitness profile that will help produce your personal exercise schedule. - [CLR 4] 1 Reflect on your own personal reactions to the topic of the week by keeping a weekly journal. - [CLR 7] 1 Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience. - [EES 1] 1 Respond to written, spoken or visual messages in a manner that ensures effective communication. - [EES 2] 1 Locate, select, organize and document information using appropriate technology and information systems. - [EES 6] 1 Analyze, evaluate and apply relevant information from a variety of sources. - [EES 7] 1 Manage the use of time and other resources to complete projects. - [EES 10]
Group Discussions	17.5%	<ul style="list-style-type: none"> 1 Use and identify various reliable resources in order to research how chemical substances affect physical fitness and how to help prevent heart disease, cancer and sexually transmitted disease. - [CLR 6] 1 Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience. - [EES 1]

COLLEGE GRADING NUMERICAL EQUIVALENT TABLE

Final Grade	Mark Equivalent	Numeric Value	Final Grade	Mark Equivalent	Numeric Value
A+	90-100%	4.0	C+	67-69%	2.3
A	85-89%	3.8	C	63-66%	2.0
A-	80-84%	3.6	C-	60-62%	1.7
B+	77-79%	3.3	D+	57-59%	1.4
B	73-76%	3.0	D	53-56%	1.2
B-	70-72%	2.7	D-	50-52%	1.0
			F	0-49%	0
			FSP	0	0

PRIOR LEARNING ASSESSMENT AND RECOGNITION

Students who wish to apply for prior learning assessment and recognition (PLAR) need to demonstrate competency at a post-secondary level in all of the course learning requirements outlined above. Evidence of learning achievement for PLAR candidates includes:

1 Other

Presentation of a portfolio followed by an interview.

RELATED INFORMATION

The following information is course-specific:

N.B. Please note that late assignments and make up assignments are not accepted.

The following information is school/department-specific:

STUDENT SUCCESS SPECIALIST

The Faculty Student Success Specialist is Karen Gendron in room P112. Karen may also be reached at telephone extension 7558 or by e-mail at gendrok@algonquincollege.com

ALGONQUIN COLLEGE - CODE OF CONDUCT

All members of the Algonquin Community will undertake to:

1. Conduct themselves in a manner which respects and promotes the dignity of others, and interact with others in the community in a spirit of cooperation, goodwill and mutual respect.
2. Conduct themselves in an honest and ethical manner, refraining from using their position or power to exploit any other individual, refraining from misrepresenting themselves, their work or qualifications in any manner, and refraining from violence, abuse, harassment and discrimination of any kind.
3. Assist in the maintenance of good order within their environment and refrain from creating a disturbance or a disruption to activities.

The Code of Conduct applies to students and staff of Algonquin College while at all College locations and while representing or carrying out activities related to the College at any off-campus location.

CONFIDENTIALITY

Students are required to respect the confidentiality of employer, client and/or patient information, interactions, and practices that occur either on Algonquin College premises, or at an affiliated clinical/field/co-op placement site. Concerns regarding clients, patients, and/or employer practices are to be brought to the attention of the program coordinator, or designated field/clinical/co-op placement supervisor so that they may be resolved collaboratively. Such concerns are not to be raised publicly either verbally, in writing, or in electronic forums. These matters are to be addressed through established program communication pathways.

The following information is College-wide:

Email

Algonquin College provides all full-time students with an e-mail account. This is the address that will be used when the College, your professors, or your fellow students communicate important information about your program or course events. It is your responsibility to ensure that you know how to send and receive e-mail using your Algonquin account and to check it regularly.

Centre for Students with Disabilities (CSD)

If you are a student with a disability, it is strongly recommended that you identify your needs to the professor and the Centre for Students with Disabilities (CSD) by the end of the first month of the semester in order that any necessary support services can be arranged for you.

Academic Integrity* & Plagiarism*

Adherence to acceptable standards of academic honesty is an important aspect of the learning process at Algonquin College. Academic work submitted by a student is evaluated on the assumption that the work presented by the student is his or her own, unless designated otherwise. For further details consult Algonquin College Policies AA18 <http://www2.algonquincollege.com/directives/files/2012/04/AA18.pdf> and AA20 <http://www2.algonquincollege.com/directives/files/2011/08/AA20.pdf>

Student Course Feedback*

It is Algonquin College's policy to give students the opportunity to complete a course assessment survey in each course that they take which solicits their views regarding the curriculum, the professor and the facilities. For further details consult Algonquin College Policy AA25 <http://www2.algonquincollege.com/directives/files/2011/10/AA25.pdf>

Use of Electronic Devices in Class*

With the proliferation of small, personal electronic devices used for communications and data storage, Algonquin College believes there is a need to address their use during classes and examinations. During classes, the use of such devices is disruptive and disrespectful to others. During examinations, the use of such devices may facilitate cheating. For further details consult Algonquin College Policy AA32 <http://www2.algonquincollege.com/directives/files/2011/11/AA32.pdf>

Transfer of Credit

Students, it is your responsibility to retain course outlines for possible future use to support applications for transfer of credit to other educational institutions.

* College policies (previously called directives) are under review and redesign. The term *directives* is being retired. As such, the policy classification nomenclature is in transition. Students, it is your responsibility to refer to the Algonquin College Directives/Policies website for the most current information available at: (<http://www2.algonquincollege.com/directives/>)