**VANIER COLLEGE**

Faculty of General Education

**Department of Physical Education**

**PHYSICAL ACTIVITY AND HEALTH – Indoor Outdoor Fitness**

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| **Teacher:** | **Ruby Viray** | **Course number:** | **109-101-MQ** |
| **Office:** | **G221** | **Telephone:** | **(514) 744-7500 ext.7607** |
| **E-mail:**  **Ponderation:** | **virayr@vaniercollege.qc.ca**  **1 hour of theory /**  **1 hour of activity /**  **1 hour of homework** | **Semester:**  **Pre-requisites:** | **A20**  **None** |
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| **SECTION** | **DAY AND TIME / STRUCTURE** | **Platforms** |
| **00023** | **Tuesday 2-4pm**  ***Synchronous / Asynchronous* (see schedule below)** | **Zoom**  **Moodle**  **Lea**  **Strava**  **YouTube** |
| **00029** | **Tuesday 2-4pm**  ***Synchronous / Asynchronous* (see schedule below)** |
| **00048** | **Thursday 12-2pm**  ***Synchronous / Asynchronous* (see schedule below)** |
| **00050** | **Thursday 12-2pm**  ***Synchronous / Asynchronous* (see schedule below)** |

**Office Hours:**

* The teacher will always available during the scheduled class time via the ZOOM link on LEA.
* Additional office hour links will be sent weekly.
* Students can make an online appointment via **Mio**.

**Course Description:**

The purpose of the 109-101-MQ Physical Education courses is to expose students to the relationship between health, physical fitness and an active lifestyle. As they cover the first nine chapters of the Physical Education Manual students will be encouraged to analyse physical activity from the standpoint of lifestyle behaviours that promote health.

**Course Objectives:**

The material in this course will enable the student to attain the following competencies:

* To establish a relationship between one’slifestyle habits and health,
* To be physically active in a manner that promotes one’s health
* To recognize one’s needs, abilities and motivational factors with respect to regular and sufficient physical activity
* To propose physical activities that promote one’s health

**Course Content:**

* Notions and concepts based on the findings of scientific research and how to apply them methodically to physical or sporting activities
* The relationship between lifestyle, physical activity, physical fitness and health
* Ways to evaluate the student’s own abilities and needs with respect to activities which can enhance their health and fitness
* The rules, techniques and conditions involved in different types of physical or sporting activity
* The main socio-cultural factors which influence the inclusion of physical activity in one’s lifestyle

**Course Structure and Methods:**

**Weekly Schedule:**

Synchronous meetings

Quizzes

Workout logs due

Fitness Appraisal

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| **Week / date** | **When to be done**  Before class time= B  During class time = D  After class time = A | **Learning Activity / Assessments** | **Estimated Time** | **Value** | **Digital Platform** |
| **1**  Aug. 25/27 | B | Read course outline | 10 mins |  | LEA |
| D | Synchronous meeting | 60 mins |  | ZOOM |
| A | Download running app. | 5 mins |  | Strava |
| A | Activate/ log on to Microsoft account & Moodle | 10 mins |  | Microsoft/MOODLE |
| A | Complete medical questionnaire | 5 mins | 1% | MOODLE |
| **2**  Sept. 1/3 | B | Read Chapter 1  Watch presentations | 30 mins |  | MOODLE |
| B | Multiple choice review questions 1 | 10 mins | 1% | MOODLE |
| B | Chapter 1 Review and Assignments | 60 mins | 2% | MOODLE |
| D | Synchronous meeting | 20 mins |  | ZOOM |
| A | Walk/Run (See Log sheet) | 20 mins |  | Strava |
| A | Workout #1 - 1 | 20 mins |  | MOODLE |
| **3**  Sept. 8/10 | B | Read chapter 9 / watch presentations | 45 mins |  | MOODLE |
| B | Multiple choice review questions 9 | 10 mins | 1% | MOODLE |
| B | Chapter 9 Review and Assignments | 60 mins | 2% | MOODLE |
| B | Breathing activity | 5 mins |  | MOODLE |
| A | Walk/Run (See Log sheet) | Max 40 mins |  | Strava |
| D | Workout #1- 2/in your team zoom (record & upload this workout) | 20 mins |  | MOODLE/Zoom |
| **4**  Sept. 15/17 | B | Read chapter 7 / watch presentations | 60 mins |  | MOODLE |
| B | Multiple choice review questions 7 | 10 mins | 1% | MOODLE |
| B | Chapter 7 Review and Assignments (including my plate meal prep) | 90 mins | 6% | MOODLE |
| A | Walk/Run (See Log sheet) | 40 mins |  | Strava |
| D | Workout #1 – 3/in your zoom team (record & upload this workout) | 20 mins |  | MOODLE/Zoom |
| **5**  Sept.  22/24 | D | Ouiz 1 – chapters 1, 9, 7 Synchronous | 40 mins | 7% | MOODLE |
| A | Walk/Run (See Log sheet) | Max 40 mins |  | Strava |
| A | Workout #1 – 4 (record & upload this workout) | 30 mins |  | MOODLE/Zoom |
| **6**  Sept. 29/ Oct. 1 | B | SubmitLog Sheet 1 with 4 video links |  | 10% | MOODLE |
| D | Synchronous meeting | 30 mins |  | ZOOM |
| B | Read chapter 3 / watch presentations | 30 mins |  | MOODLE |
| B | Multiple choice review questions 3 | 10 mins | 1% | MOODLE |
| B | Chapter 3 Review and Assignments | 30 mins | 1% | MOODLE |
| A | Walk/Run (See Log sheet) | Max 40 mins |  | Strava |
| A | Workout #2 – 1 | 20 mins |  | MOODLE |
| **7**  Oct. 6/8 | D | Read chapter 4 & 5 / watch presentations | 40 mins |  | MOODLE |
| D | Multiple choice review questions 4 & 5 | 20 mins | 2% | MOODLE |
| D | Chapter 4 & 5 Review and Assignments | 40 mins | 3% | MOODLE |
| A | Walk/Run (See Log sheet) | Max 40 mins |  | Strava |
| A | Workout #2 – 2 | 20 mins |  | MOODLE |
| **8**  Oct. 20/22 | B | Read chapter 6 / watch presentations | 30 mins |  | MOODLE |
| B | Multiple choice review questions 6 | 10 mins | 1% | MOODLE |
| B | Chapter 6 Review and Assignments | 30 mins | 2% | MOODLE |
| A | Walk/Run (See Log sheet) |  |  | Strava |
| A | Workout #2 – 3 | Max 40 mins |  | MOODLE |
| **9**  Oct. 27/29 | D | Quiz 2 – chapters 3, 4, 5, 6 Synchronous | 40 mins | 7% | MOODLE |
| A | Walk/Run (See Log sheet) |  |  | Strava |
| A | Workout #2 – 4 (record & upload this workout) | Max 40 mins |  | YouTube |
| **10**  Nov. 3/5 | B | Submit Log Sheet 2 with video links |  | 10% | MOODLE |
| D | Synchronous meeting | 30 mins |  | ZOOM |
| B | Read chapter 2 / watch presentations | 30 mins |  | MOODLE |
| B | Multiple choice review questions 2 | 10 mins | 1% | MOODLE |
| B | Chapter 2 Review and Assignments | 30 mins | 2% | MOODLE |
| A | Walk/Run (See Log sheet) | Max 40 mins |  | Strava |
| A | Workout #3 - 1 | 20 mins |  | MOODLE? |
| **11**  Nov. 10/12 | B | Read chapter 8 / watch presentations | 30 mins |  | MOODLE |
| B | Multiple choice review questions 8 | 10 mins | 1% | MOODLE |
| B | Chapter 8 Review and Assignments | 30 mins | 2% | MOODLE |
| A | Walk/Run (See Log sheet) | Max 40 mins |  | Strava |
| A | Workout #3 – 2 | 20 mins |  | MOODLE |
| **12**  Nov. 17/19 | D | Quiz 3 – chapters 2,8 Synchronous | 40 mins | 6% | MOODLE |
| A | Walk/Run (See Log sheet) | Max 40 mins |  | Strava |
| A | Workout #3– 3 | 30 mins |  | YouTube |
| **13**  Nov. 24/26 | B | Read fitness appraisal information / watch presentations | 30 mins |  | MOODLE |
| D | Synchronous meeting for Fitness Appraisal | 60 mins | 5% | ZOOM |
| A | 12-minute run | 12 mins |  | Strava |
| A | Workout #3 – 4(record & upload this workout) | 30 mins |  | MOODLE |
| **14**  Dec. 1/3 | B | Submit Log Sheet 3 and Video links |  | 10% | MOODLE |
| B | Submit fitness appraisal report |  | 15% | MOODLE |
| **15**  Dec. 8/10 |  | TBD |  |  |  |

**Important note** – Any question regarding schedule, due dates, and class material will not be answered via MIO. You must attend a meeting with the teacher during scheduled class time to ask questions.

**Evaluation:**

**To pass this course**, students are advised to:

* Satisfactorily complete all class assignments **and** the Vanier Fitness Appraisal.

**Late Assignments:**  Will not be accepted. Due dates are as indicated above.

**Deadline to submit:** All assignments must be completed and submitted via MOODLE by the end of class time on the due date. Assignments and quizzes will be locked after the class time and will no longer be accepted.

* **Important date:**

**The deadline to withdraw from this course without incurring failure is Sept. 18th.**

**101 Classes Achievement of Final Grade:**

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| **Evaluation Criteria** | **Date of Evaluation** | **Value** |
| **Activity Evaluation:**  An evaluation of student competency development through participation in the assigned walks / runs workouts and workout videos and reports and evaluated via the submitted logs.  (3 logs at 10 % each) | See Schedule Above | **30 %** |
| Fitness Appraisal – Home Version  * Fitness Appraisal Report * You must attend the online fitness appraisal session to be able to complete the fitness appraisal report. | **20 %** |
| Theoretical Evaluation 1: Quizzes  * Quiz # 1 – Chapters 1, 9, & 7 (7%) * Quiz # 2 – Chapters 3, 4, 5, 6 (7%) * Quiz # 3 – Chapters 2 & (6%) | **20%** |
| Theoretical Evaluation 2:  * Multiple Choice Review Questions (1% each) * Chapter Review Questions and Assignments (21%) | **30 %** |

**101 Competency Evaluation – Behavioural Expectations**

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| Assessment  Criteria |  |
|  | **Expected Activity Behaviors** |
| **101**  **Specific Assessment Criteria** | Demonstrates respect for the rules specific to the physical activity practiced.  Demonstrates respect for the codes of ethics and safety rules and regulations when being physically active.  Demonstrates respect for one’s personal abilities when practicing physical activities.  Demonstrates the ability to make appropriate choice of physical activities according to one’s needs and abilities.  Demonstrates the ability to make pertinent links between one’s lifestyle habits and the impact they have on health. |
| **Participation & Effort**  in theory component | Is attentive and asks questions  Shares knowledge and personal experiences related to the content  Applies knowledge learned in activity  Actively participates in workout assignments |
| **Participation & Effort**  in activity component | Actively participates in all activities in a manner that will lead to improvement in health and skill level  Applies the learned principles of the activity  Takes the time to perform skills correctly  Demonstrates quality effort towards skill acquisition and improvement |
| **Group Involvement**  + **Respect**  for others | Follows class rules  Encourages peers and uses respectful language  Is actively involved in group activities, games, discussions |
| **Attitude** | Demonstrates good sportsmanship - Contributes positively to class morale  Is motivated, energetic and a positive role model in class  Is open-minded when trying new activities |
| **Prepared &**  **on Time** | Wears appropriate attire  Arrives on time - Has required class materials  Completes assignments and logs |
|  | **Failure to meet the behavioral expectations will result in deductions** |

**Physical Education Department Policies:**

**Activity Policy for online classes**

Participation in class lectures and workouts are important components of the education process for Physical Education. Participation is necessary in order for the student to develop, demonstrate and be evaluated on the required competencies. Class assignments and workouts provide the student with the opportunity to participate in regular physical activity in a manner that promotes and improves upon health and activity skills.

**101 Performance Criteria / Competencies:**

1. Respect for rules specific to the physical activity practiced.
2. Respect for codes of ethics and safety rules and regulations when being physically active.
3. Respect for one’s personal abilities when practicing physical activities.
4. Appropriate choice of physical activities according to one’s needs, abilities, and motivational factors.
5. Pertinent links made between one’s lifestyle habits and the impact they have on health.

**NB: Due to the COVID-19 Safety measures, the following attendance policy will be modified on a case by case basis if the need arises. (Please contact your teacher immediately so that arrangements can be made).**

* Students must be present and actively participating in class lectures and workouts. Student must participate in at least 80 % of the class to meet the activity competency requirement. Student who do not meet the activity requirement will therefore receive a maximum grade of 50 % in the course.
* Time missed includes: arriving late, leaving early and absences from ***synchronous*** classes. There are no excused absences. Absences include: absences with or without medical documentation and absences due to religious holy days.
* Students who are absent due to religious holy days must report the absence to the teacher in the first week of class as per the College policy. Students who have followed the Student Absences for Religious HolyDaypolicy may make up time missed as arranged with their teacher.
* Students who are absent with medical or official documentation should speak with their teacher immediately to see if it is possible to make-up time missed. Students who are injured or feeling unwell during a given class should advise the teacher so that the activity can be modified for their needs or alternate arrangements can be made.

**Physical Education Peer Mentoring Program**

Please be advised that Peer Mentors for Physical Education are available to help you accomplish the course competencies. If you feel that a peer mentor would be helpful to you, please speak with your teacher.

**Student Proficiency in Language of Instruction Policy**

On any take-home typed assignment, 10% of the total mark is devoted to the proper use of the English language (grammar, spelling, sentence structure, vocabulary, referencing...). All formatting should follow APA 6th edition guidelines. The **Student Proficiency in Language of Instruction Policy** will be applied to all take home assignments.

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| **Assessment of Language Skills in a Written Assignment** | |
| **Mark \_\_\_  /10%** | **Quality of Written Expression** |
| 8.0-10.0%  Excellent | The quality of the writing is excellent.Ideas are expressed precisely and clearly with correct vocabulary and terminology. Very few or no errors in writing. |
| 6.0-7.9%  Acceptable | The quality of the writing is good. Ideas are not always expressed clearly. Some errors in writing. |
| 0-5.9%  Poor/Failing | The writing is confusing and ideas cannot be understood. Many errors in writing, not at college-level. |

**General Academic Policies:**

It is the student's responsibility to be familiar with and adhere to all Vanier College Policies. A summary of the course-level policies that apply in this and all other Vanier courses can be found under “Course-Level Policies” in **Important Vanier Links** on**Omnivox**, or by following this link: <http://www.vaniercollege.qc.ca/psi/course-level-policies/>. Complete policies can be found on the Vanier College website, under [Policies](http://www.vaniercollege.qc.ca/bylaws-policies-procedures/category/policies/).

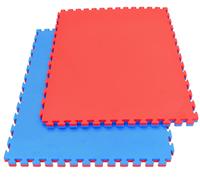
In case of doubt or conflict in interpretation, the official College policy shall apply.

These policies can be found ONLINE in Student Services or the VCSA office.  
Revised June 2020

**COURSE REQUIREMENTS:**

* **Physical Education Manual – Online Version will be made available free of charge to all Students registered in Physical Education (**Lambert, Shawna.). *“Fitness, Health, & Wellness – A Personal Choice”, 2020 edition.* Montreal: Vanier College. This is published on MOODLE.

Thank you to the Vanier VCSA for their contribution to Student Fitness Center Memberships

* **An athletic outfit which includes:**
  + Good walking / Running shoes
  + Shorts / sport pants and t-shirt
  + Appropriate outdoor clothing as the weather gets cooler
* **Class materials:**
* Yoga / exercise mat  
* Elastic exercise band (any of the following)   
* Flexible Measuring tape (a string and ruler will also work) 
* Please make sure to **EAT** a healthy snack before exercising. Exercising on an empty stomach can lead to nausea, dizziness and fainting.

**Access To Fitness Centers**– with required sticker on valid ID card**:**

Your VCSA student fees now provide you with a membership to the Vanier College Fitness Centers (G-201 & G-154). You are encouraged to make use of these facilities during their hours of operation which change every semester and can be found at: <http://www.vaniercollege.qc.ca/health-fitness-recreation-courses/fitness-centre/>