



**CEGEP CHAMPLAIN  
ST. LAWRENCE**  
CHAMPLAIN REGIONAL COLLEGE

**PHYSICAL EDUCATION DEPARTMENT  
FALL 2010**

**Title:** Fitness for Business for Life  
**Number:** 109-105-02  
**Credit:** 1 credit  
**Weighting:** 1-1-1  
**Pre-requisites:** 109-103-02 & 109-104-02

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**MINISTERIAL COMPETENCY 0066**

To demonstrate one's responsibility for being physically active in a manner which promotes health.

**LEARNING OBJECTIVES**

Upon completion of this course, students will be able to demonstrate responsibility for being physically active in a manner, which promotes health through an acquired understanding and application of the factors that facilitate being active on a regular basis.

Following this course, students will be able:

1. To integrate an effective practice of physical activity with the factors which promote health.
2. To manage their personal physical activity program by:
  - Stating their priorities based upon personal needs, abilities and motivational factors with respect to being active on a regular basis;
  - Formulating proper goals;
  - Selecting pertinent physical activities;
  - Planning the context in which the activities will be carried out;
  - Selecting the appropriate criteria to assess one's progress and goal status;
  - Interpreting one's progress and the difficulties encountered during the program;
  - Periodically adjusting program activities and goals.

**TEACHING METHODOLOGY / LEARNING ACTIVITIES**

Courses will be held in room 135 (fitness center) and occasionally in room 281

In order to actively involve the student in the learning process, physical activity, a ten-hour personal fitness program outside of class time, labs, cooperative learning, personal research and problem solving will be used. Theoretical courses will make use of traditional lectures, presentations and discussion groups in an effort to familiarize students with the course content.

## EVALUATION OF LEARNING

### **FORMATIVE EVALUATION:**

The teacher will provide verbal and written feedback at strategic times during the semester. Timely interventions will take place during class workshops, skill and tactical development sessions and following non-summative homework or assignments.

### **SUMMATIVE EVALUATION:**

Students will have achieved 40% of their final grade by mid-term.

• <b>Mid-Term Grade</b>		<b>32 %</b>
○ Mid-term exam ( section 9 )	10 %	
○ Planning: & organizing assignments	10 %	
○ Workout downloads ( Logs 1-6)	12 %	
• <b>Leading and controlling</b>		<b>28 %</b>
○ Workout downloads ( Logs 7-10)	8 %	
○ Planning: & organizing assignment	10 %	
• <b>Final Evaluation</b>		<b>50 %</b>
○ Case study/Final exam	20 %	
○ Cardio-vascular fitness testing	20 %	
○ Conclusion, progress report and post testing	10 %	

**All formative and summative assignments leading to the final evaluation of the student will be corrected and returned prior to the writing of the final exam.**

**Planning and organizing) - (20%):** This assignment is designed to evaluate the student's ability to manage their personal physical activity program. Refer to the learning objectives for details outlining the evaluation criteria. **Due Sep 29<sup>th</sup>**

**Activity Logs (20%):** all students will be required to monitor their personal physical activity using the Polar watch technology. All fitness for business students will be required to complete five weekly workouts lasting a minimum of 30 minutes per session. Students must transfer their workout data according to the 12-week physical activity transfer schedule for this course. **(see course calendar )**

**Mid-term exam (10%):** An exam will be held on the material presented in the study guide and in section 9 of the physical education manual. A variety of multiple choice and short answer questions will be used during this assessment. This exam is worth 50 % of the mid-term mark and 10% of the final mark. **Due October 6<sup>th</sup>**

**Conclusion, progress report post testing (10 %):** Students will evaluate their progress using the polar watch Vo2 max fitness assessment at strategic times, identify strategies that will promote goal achievement and reflect on their fitness experience. **Due October 27<sup>th</sup>**

**Cardiovascular Fitness Standards (20 %):** This assignment will allow the student to evaluate personal progress in regards to their cardiovascular fitness goals based on a variety of factors which influence goal achievement. Grades achieved will correspond to the VO2 Max level achieved in the final week of the semester. See Cardiovascular fitness norms presented in class documents on Lea. **Due Nov 23<sup>rd</sup>**

**Case Study Final (20 %):** Students will complete this assignment in teams of 4 . They will be required to convince a multinational corporation to invest in employee fitness programs financing. Students will be expected to develop a sales pitch designed to convince their corporation to invest 250,000\$ in an employee fitness program. The assignment must include implementation factors, facility lay out, annual operation budget ( revenues and expenses), health benefits and impact on job productivity, reducing health care costs, employee incentive and retention program. **Due Dec 7<sup>th</sup>**

**Quality of written English:** A maximum of 10% of the final grade in every written assignment will be allocated to the quality of written English (grammar, spelling, style and format).

**Make up Exams:** The scheduling of make up exams is to be negotiated between the student and the teacher.

**End of semester tests:** The Dean approves final evaluations taking place in the last two weeks of the semester in Physical Education. These final evaluations are completed in the 14<sup>th</sup> and 15<sup>th</sup> weeks of the semester as Physical Education finals are not scheduled during the weeks reserved for final exams at the college.

The final exam should be preserved, as it will serve also as an evaluation tool for the program comprehensive assessment (CA).

**COURSE CONTENT AND CALENDAR**

<b>DATES</b>	<b>Wednesay ( period )</b>
<b>Week #1</b> Aug. 25 <sup>th</sup>	<b>Course outline; rules and conditions</b>
<b>Week # 2</b> Sep 1 <sup>st</sup>	Fitness assessment and Polar watch technology instruction and Cardio vascular fitness assessment ( 5 x 30 minutes workouts downloaded by Sep <sup>th</sup> ) Log # 1
<b>Week #3</b> Sep 8 <sup>th</sup>	<b><u>Managing Physical Activity power point class presentation</u></b> ( 5 x 30 minutes workouts downloaded by Sep 8 <sup>th</sup> ) Download Log #1
<b>Week #4</b> Sep 15 <sup>th</sup>	<b><u>Assign personal Physical Activity report Due Sep 22<sup>nd</sup></u></b> Download Log # 2 ( 5 x 30 minutes workouts )
<b>Week #5</b> Sep 22 <sup>nd</sup>	Download Log # 3 ( 5 x 30 minutes workouts ) Hand in Personal Physical activity report
<b>Week #6</b> Sep 29 <sup>th</sup>	Download Log # 4 ( 5 x 30 minutes workouts )
<b>Week #7</b> Oct 6 <sup>th</sup>	<b>MID TERM QUIZ SECTION 9</b> Download Log # 5 ( 5 x 30 minutes workouts ) <b>PROGRESS REPORT- assigned due week 9 ( October 27<sup>th</sup> )</b>
<b>FALL BREAK</b>	
<b>Week #8</b> Oct 20 <sup>th</sup>	Download Log # 6 ( 5 x 30 minutes workouts ) <b>-Power point class presentation</b> <b>-Relationship between productivity physical activity and fitness</b> <b>-Assign Case study “ take home final exam” due Dec 7<sup>th</sup></b>
<b>Week #9</b> Oct 27 <sup>th</sup>	<b>Vo2 Max test in Gymnasium: hand in progress report</b> Download Log # 7 ( 5 x 30 minutes workouts )
<b>Week #10</b> Nov 3 <sup>rd</sup>	Download Log # 8 ( 5 x 30 minutes workouts )
<b>Week #11</b> Nov 10 <sup>th</sup>	Download Log # 9 ( 5 x 30 minutes workouts )
<b>Week #12</b> Nov 17 <sup>th</sup>	Download Log # 10 ( 5 x 30 minutes workouts )
<b>Week #13</b> Nov 23 <sup>rd</sup>	<b><u>Cardio Vascular fitness testing VO2 Max-Testing in Gymnasium for all.</u></b>
<b>Week #14</b> Nov 30 <sup>th</sup>	
<b>Week #15</b> Dec 7 <sup>th</sup>	<b>Hand in Final Take home exam. No Class due to final exams</b> <b>Paper copy required in room 284</b>

**TEXT (S) AND REFERENCE MATERIALS**

The Physical Education manual *“Health and Lifestyle 2006”* is the required text for this course and is available at the campus bookstore.

**Please note:** *Purdue* was unanimously adopted by the Pedagogical committee last year and renewed this year. If your classroom work includes grammatical and referencing notions, you are strongly encouraged to adopt this guide.

## **POLICIES**

### **RULES AND PENALTIES:**

Students are expected to have read the IPESA (Institutional Policy on Evaluation and Student Achievement) policies concerning attendance, cheating and plagiarism, and submission of work. Below are descriptions of these policies.

- **Tardiness**  
All students and teachers are responsible for arriving on time for their respective classes.
- **Student absences**  
The following complements section 5.2.2 and 5.2.3 of the IPESA. At Champlain - St. Lawrence, the maximum number of absences in a course is 10%. Students whose absences exceed this limit can be prohibited from attending classes. The final grade for the course when such a decision is taken will be the grade earned to-date. (Make reference to section 5.2 of the IPESA)
- **Cheating and plagiarism**  
As defined in the student handbook, cheating is “any dishonest practice which occurs during an invigilated test, quiz, or examination, developed for the purpose of evaluation student progress.” Detection may occur during the activity or during the evaluation of the activity. The same handbook defines plagiarism as “taking and using another person’s thoughts, writings, and inventions as one’s own.” (Oxford Concise Dictionary)  
At Champlain – St. Lawrence, students will receive a zero for an evaluation activity involving cheating or plagiarism. Automatic failure of the course in progress and disciplinary actions such as suspension or expulsion may result upon a second incidence. Teachers must report all incidences of cheating and plagiarism to the Dean of Students and Academic Services. (Make reference to section 5.5 of the IPESA)
- **Submission of work**  
All assignments should be handed in on or before the due date. Late assignments will have a 10% reduction per day applied to its determined weighting. Assignments which are ten days late or more, or which have not been handed in after assignments have been corrected will be given a value of 0. (Make reference to section 5.1 of the IPESA). All documents must be submitted using hard paper copy. Electronic submission of assignments may be used in exceptional circumstances that must be pre-approved by the teacher.

### **OTHER POLICIES:**

- **Wearing apparel**  
For practical classes, students are expected to wear a change of clothes and running shoes that will not mark the gymnasium floor. Students not respecting this clothing regulation will be marked absent. Students are asked to supply their personal towel when using the fitness center.
- **Locker room theft**  
Students are responsible for ensuring that their valuables are not stolen. Theft has been a problem in the past, so students are asked to use a lock when using the locker room facilities; however they must be removed at the end of each class.

### **PREREQUISITS FOR FITNESS FOR BUSINESS FOR LIFE COURSE**

All business students will be required to purchase the Polars RS 400/800 Training watch at a cost of 175\$ plus tax . The watch will be made available through the bookstore. The watch may be returned in good working condition with storage box and accessories at the end of the semester. The college will reimburse up to 125\$ per watch when the course is completed. The course will be held for 12 weeks and students must commit to a daily regime of physical activity for a minimum of 30 minutes per workout. Student workouts will be monitored using the polar watch technology. Exercise time, average heart rates, peak heart rates will be captured during student workouts. The data will then be transmitted using infra-red technology to a computer station in room 284 on a weekly basis. Personalized workout data my be added by the student define other exercise factors pertinent to the workout experience and daily exercise sessions.

Work out data for each student must be transmitted to the computer station at the end of each week. The watch also uses technology to estimate  $Vo_2$  max . Pre and post testing will be required as well as progress reports as indicated in the course calendar.