

COURSE SYLLABUS



COURSE TITLE: SPEX110 – Fitness For Life

CLASS SECTION: X01A and X01B

TERM: Fall 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture Wednesdays 1:30-2:20 pm
 Lab 01A Fridays 12:30-2:20 pm
 Lab 01B Fridays 2:30-4:20 pm

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

INSTRUCTOR DETAILS

NAME: Arielle Nash, MSc.

EMAIL: nashar@camosun.ca (please do not message through D2L)

OFFICE: PISE 306G

HOURS: Wednesdays 10:00-11:00am (or by appointment)

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

An overview of health promotion and wellness models as they relate to health, social, cultural, economic, international, and environmental issues. The principles of exercise prescription for cardiovascular fitness, flexibility, muscular strength and endurance are presented. Emphasis is placed on personal health, nutrition, stress and prevention of activity injuries.

PREREQUISITE(S): One of: • C in English 11 • C in ENGL 070 • B in ENGL 050 • B in ELD 072 and ELD 074 • B in ELD 072 and COM in ELD 080 [inactive]

COURSE LEARNING OUTCOMES / OBJECTIVES

- Identify and evaluate risk factors and behaviors associated with health, disease, and optimal wellbeing.
- Identify, analyze, and evaluate the physical, social, emotional, intellectual, and spiritual factors that influence health behavior and well-being.
- Identify and promote the use of self-management skills that lead to lifelong adherence to healthy lifestyles.

- Identify, analyze and evaluate current research, professional articles, and other written resources related to fitness, physical activity, healthy lifestyles, and health and wellness.
- Make effective and persuasive written and oral professional presentations on topics related to fitness, health and wellness as well as other important and current topics related to contemporary society.
- Utilize computer technology to make effective professional presentations, and search on-line resources (e.g., data banks, Internet) to analyze, evaluate, and interpret exercise, wellness, and health related information.
- Develop a personal plan for ongoing professional and personal development that demonstrates commitment to the field of exercise and wellness / health promotion (e.g. professional memberships, conference attendance, journal subscriptions, network development, personal and professional goals, evaluation of healthy lifestyle balance and development of personal healthy lifestyle program, etc.)
- Identify risk factors for physical activity participation guidelines which may require consultation with medical or allied health professionals

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

You do not need to buy a textbook for this course, however, it is recommended. The course material is based on information in the following textbook which can be found on reserve at the Interurban library and is available at the bookstore:

Powers, S.K. & Dodd (2020). Total Fitness & Wellness (8th ed). Toronto: Pearson Benjamin Cummings.

Note: Readings may also be assigned and/or identified throughout the course and posted on D2L. Students are responsible for checking D2L for all lab related materials as there is **no lab manual for this course**.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK: Lecture/Lab	Lecture Topic	Lab Activity	Evaluations
1: Sep 4/ 6	Introduction to SPEX 110 Fitness and Wellness Core Concepts	Par-Q and Intro	<i>Discuss Term Project and Expectations</i>
2: Sep 11/13	Understanding Fitness and Wellness	Fitness Testing 1*	<i>*required for Term Project</i>
3: Sep 18/20	Interpreting Fitness Assessment Results	Introduction to Resistance Training Machines	
4: Sep 25/27	Behaviour Change and Goal Setting	Cardiovascular Aerobic: Running Technique and LSD	<i>Discuss Part 1 Detailed</i>

WEEK: Lecture/Lab	Lecture Topic	Lab Activity	Evaluations
5: Oct 2/4	Cardiorespiratory Exercise	Resistance: Dumbbells and Kettlebells	Term Project Part 1 Due on D2L Oct 6
6: Oct 9/11	Muscular Strength & Endurance Part 1 <i>Note: Term Project tracking must start Oct 7 at latest</i>	Cardiovascular: Intervals/ Hills	Lab Quiz 1 - D2L complete by Sun Oct 13 (labs 2-5)
7: Oct 16/18	Muscular Strength & Endurance Part 2	Resistance: Barbells	
8: Oct 23/25	Flexibility	Recovery & Stretching: Static, dynamic, ballistic, PNF, SMFR	
9: Oct 30/Nov 1	Sleep	Circuit: HIIT (inc. Velocity Skipping)	Lab Quiz 2 – D2L Complete by Sun Nov 3 (labs 6-9)
10: Nov 6/8	Brain Health and Mental Wellbeing	Balance, Core Training and Relaxation Techniques	
11: Nov 13/15	Stress Management	Stretch, Breath, meditation	
12: Nov 20/22	Nutrition Part 1 <i>Note: Tracking Log can end Nov 18 earliest</i>	Fitness Testing 2*	Term Project Part 2 Due on D2L Nov 24
13: Nov 27/29	Nutrition Part 2	Circuit: TRX & Bodyweight	Lab Quiz 3 – D2L complete by Sun Dec 1 (labs 10-13)
14: Dec 4/6	Exam Review	No lab this week	Term Project Part 3 Due on D2L Dec 6

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

DESCRIPTION		WEIGHTING
Term Project Part 1 (Goal Setting & Action Plan)	Due on D2L Oct 6	20
Term Project Part 2 (Journal & Reflection)	Due on D2L Nov 24	10
Term Project Part 3 (Final Summary)	Due on D2L Dec 6	20
Lab Quizzes (3 x 5% each)	Quiz 1 on D2L due Oct 13 Quiz 2 on D2L due Nov 3 Quiz 3 on D2L due Dec 1	15
Participation	Ongoing in labs	5
Final Exam	TBD – during exam period	30
	TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information.
<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

Students must complete and submit each part of the term assignment to be able to pass this course. A large component of this course is practical in nature and therefore attendance and participation in each activity is crucial to achieve the learning outcomes. The term project is the core applied learning component of this course and must be completed, it is broken into parts based on units taught, but all 3 parts need to be completed.

Attendance: Students are expected to attend all classes, labs, and exams. Students are responsible for getting their own notes from classes missed as well as information pertaining to changes in the course outline, readings, assignments, and information pertaining to any tests or exams. Lab attendance is mandatory unless you have a medical reason for missing it, in which case you should email the instructor ahead of time to make note of your reason for missing class. Failure to attend the laboratory component could result in failure of the course.

An excused absence includes:

- a) a medical certificate
- b) an intercollegiate trip
- c) permission of instructor prior to absence
- d) compassionate reasons
- e) illness

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible.

Refer to the Grade Review and Appeals policy for more information.

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

Participation: this course has a large practical component. Attendance and participation in labs will be required for success in this course. Participation will be based on instructor observations of student attendance, engagement, teamwork, and coachability.

- 100% = attended all labs, highly engaged listening, worked well with peers, adhered to instructions.
- 75-100% = some unexcused absences; moderate participation/effort and coachability; etc.
- 50-75% = multiple missed labs, often not engaged or not listening, some unsafe behaviour; etc.
- 0-50% = regularly missed labs, poor listening and negative attitude, unsafe behaviour or ignoring instruction, poor interactions with peers etc.

Late Assignments: Late assignments/projects will receive a deduction of 10% per day unless an extension was requested and granted. If you require an extension due to extenuating circumstances, please request prior to the due date of the assignment.

Missed Exams: The final exam must be written on the date scheduled during the final exam period. If a student is unable to write an exam through no fault of their own for medical or other excused reasons, valid documentation must be provided and discussed with the instructor. **Final Exams may be scheduled at any time during the final exam block; therefore, students should avoid making travel plans or personal commitments for the duration of the exam period. Please note that travel, vacation, transportation, and personal commitments are not considered valid reasons for missing a final exam.**

Class policies:

- a) Calculators will be permitted during tests, cell phones are not;
- b) cell phones off and away during class;
- c) Cell phones cannot be used during exams;

- d) ChatGPT and other forms of generative AI are not permitted for this course, if a student uses AI to generate ideas this must be cited. If AI is suspected the instructor will contact the student and inform department administration;
- e) respectful language and professional conduct and communication is expected at all times.

Office hours and email: While office hours are noted on the course outline, students are free to make an appointment with their instructor at a time that is mutually convenient. Brief queries may also be sent via email. Please keep in mind that it may take up to 2 business days to receive a response. Please send any messages via email to nashar@camosun.ca – do not send messages via D2L as these will not be checked regularly.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

Mandatory Attendance for First Class Meeting of Each Course

This section of SPEX110 requires mandatory attendance for the first class meeting of the course. If you do not attend and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies for Students” [Registration Policies for Students | Camosun College](#)

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

Support Service	Website
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education.

To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.