Healthy Lifestyle

Police and Public Safety Institute

Course Number:	**Co-Requisites:**	**Pre-Requisites:**
GEN2003	N/A	N/A
Applicable Program(s):	**AAL:**	**Core/Elective:**
Multiple Programs	Multiple Levels	Multiple Core/Elective
Prepared by:	Julie Rissler, Professor	
Approved by:	Laura Cohen, Chair	
Approval Date:	Thursday, June 23, 2016	
Approved for Academic Year:	2016-2017	
Normative Hours:	45.00	

Course Description

Are you eating healthy foods? Do you exercise regularly? Do you know how to prevent injuries and disease? These are some of the skills necessary to live a healthy lifestyle. Through self-evaluation, weekly journals, and hands-on exercises students asses their personal lifestyles and learn how to improve them.

General Education Theme Area(s)

This is a General Education course that supports learning in the following theme area(s): Personal Understanding

Relationship to Essential Employability Skills

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

EES 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)
EES 2	Respond to written, spoken or visual messages in a manner that ensures effective communication. (A)
EES 6	Locate, select, organize and document information using appropriate technology and information systems. (T)
EES 7	Analyze, evaluate and apply relevant information from a variety of sources. (T)
EES 10	Manage the use of time and other resources to complete projects. (T,A)

Course Learning Requirements/Embedded Knowledge and Skills

When you have earned credit for this course, you will have demonstrated the ability to:

© 2016 Algonquin College of Applied Arts & Technology

1.) Compare your daily diet to the Canadian Food Guide.

Follow and evaluate the Canadian Food Guide.

2.) Estimate your daily energy requirement using food and nutrition board formulas.

Calculate your daily energy requirement for weight maintenance.

3.) Identify weight-loss goals and way to meet them.

Calculate your weekly and daily negative calorie balance goals and the number of weeks to achieve your target weight.

Assess yourself for body image problems and eating discorders.

4.) Complete lab activities to assess your physical fitness profile that will help produce your personal exercise schedule.

Identify and assess your exercise habits.

Employ an assessment to determine where you need improvement.

5.) Identify various injuries, treatments and preventions.

Identify, treat and prevent injuries.

6.) 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.

To prevent or minimize the risk of cancer, heart disease and sexually transmitted diseases.

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.

Record and articulate your opinon on healthy lifestyle issues.

Evaluation/Earning Credit

The following list provides evidence of this course's learning achievements and the outcomes they validate:

© 2016 Algonquin College of Applied Arts & Technology

Assignment(s) (25%)

Validates Outcomes: EES 6, EES 7, EES 10

Assignment(s) (25%)

Validates Outcomes: CLR 4, EES 6, EES 7, EES 10

Journal/Reflective Assignment(s) (25%)

Validates Outcomes: CLR 7, EES 2, EES 7, EES 10

Quiz(zes)/Test(s) (7.5%)

Validates Outcomes: CLR 1, CLR 2, CLR 3, CLR 4, CLR 5, CLR 6, CLR 7, EES 1, EES 2, EES 6, EES 7, EES 10

Discussion Board (17.5%)

Validates Outcomes: CLR 6, EES 1

Learning Resources

- Required e-text: Custom Fit & Well Fourth Canadian Edition Authors: Fahey, Insel, Roth, Wong.
- Publisher: McGraw-Hill Ryerson
- Research on the Internet
- On-line discussion groups
- Labs

Learning Activities

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

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:

- Other: Portfolio of hand drawn architectural drawings for a small residential building

Grade Scheme

© 2016 Algonquin College of Applied Arts & Technology

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

Course Related Information

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

Department Related Information

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 AlgonquinCollege 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 publically either verbally, in writing, or in electronic forums. These matters are to be addressed through established program communication pathways.

© 2016 Algonquin College of Applied Arts & Technology

College Related Information

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.

Students with Disabilities

If you are a student with a disability, you are strongly encouraged to make an appointment at the Centre for Accessible Learning to identify your needs. Ideally, this should be done within the first month of your program, so that a Letter of Accommodation (LOA) can be provided to your professors. If you are a returning student, please ensure that professors are given a copy of your LOA each semester.

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: Academic Dishonesty and Discipline and AA20: Plagiarism

Student Course Feedback

It is Algonquin College's policy to give students the opportunity to share their course experience by completing a student course feedback survey for each course they take. For further details consult Algonquin College Policy AA25: Student Course Feedback

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: Use of Electronic Devices in Class

Transfer of Credit

It is the student's responsibility to retain course outlines for possible future use to support applications for transfer of credit to other educational institutions.

Note: *It is the student's responsibility to refer to the Algonquin College Policies website for the most current information at http://www.algonquincollege.com/directives/*

Legend

© 2016 Algonquin College of Applied Arts & Technology

Terms

•ALO: Aboriginal Learning Outcome
•Apprenticeship LO: Apprenticeship Learning Outcome
•CLR: Course Learning Requirement
•DPLO: Degree Program Learning Outcome
•EES: Essential Employability Skill
•EOP: Element of Performance
•GELO: General Education Learning Outcome
•LO: Learning Outcome
•PC: Program Competency
•PLA: Prior Learning Assessment
•PLAR: Prior Learning Assessment and Recognition
•VLO: Vocational Learning Outcome

Assessment Levels

•T: Taught
•A: Assessed
•CP: Culminating Performance

© 2016 Algonquin College of Applied Arts & Technology