INSTRUCTOR: Jane Proudlove  
OFFICE: Room 1808  
PHONE: 403-342-3113  
CLASSROOM: Room 1802  
CLASS TIME: Thursday 1:00 pm – 2:50 p.m.  
Office Hours: Thursday and Friday 12:00 pm – 1:00 pm

You can also make an appointment to meet at another times. Please email using my RDC email (jane.proudlove@rdc.ab.ca) to set this up. In the subject line, please indicate that you would like to meet (i.e. Meeting requested) and in the message, please give me some information about what you are wanting to discuss.

Course Description: Studying basic concepts of fitness, nutrition and lifestyle planning. Identifying services provided by local community agencies and facilities.

Course Overview:  
This course involved studying, discussing and practicing basic concepts of health, nutrition and lifestyle planning. Both community and on-campus options will be explored.

Learning Outcomes:  
1. Identify and differentiate between good and poor nutritional practices.  
2. Recognize substance abuse, addictions and their unhealthy effects.  
3. Identify and discuss sexual health topics.  
4. Select fitness activities and recreational options within RDC and the community.  
5. Describe what being a good citizen entails.  
6. Identify services and supports provided by municipal, provincial, and federal governments.  
7. Discuss services and supports within the City of Red Deer.

Course Topics
Healthy Lifestyles  
Recreation and Leisure  
Citizenship

Learning Activities: Discussions, activity-based learning, group work, handouts, videos, field trips, guest speakers.

Course Materials:  
A variety of materials will be used in this course. All materials will be provided in class or through the internet.
METHODS OF EVALUATION:

50% Quizzes and Assignments, correct completion of guest speaker/field trip review sheets.

50%: Class participation, attendance, punctuality, respect for others, task completion.

ATTENDANCE: Students are expected to attend all classes and class activities as scheduled. Class absences must be reported to the instructor before the start of the class. You need to follow the funding contract with Alberta Works.

It is the student’s responsibility to be familiar with the information in the Course Outline and to clarify any areas of concern with the Instructor.

Students should refer to the:
Appeals: Formal Policy,
Appeals: Information Resolution Policy, and
Student Misconduct: Academic and Non-Academic Policy
if they have any questions or concerns about this Course Outline after talking to the Instructor.

SUPPORT SERVICES

Classroom learning resources may be available to students in alternative formats. All RDC students can access the following free support services:

Services for Students with Disabilities
Students are responsible for registering for these services early in the term.

Academic Resources on Campus
Visit www.rdc.ab.ca for information on the following services.

Learning Support Services (Library; 403-342-3264)
• Writing Skills Centre
• Math Skills Centre
• Learning Strategies (note-taking, studying and exam-writing strategies learn_help@rdc.ab.ca
• Peer Tutoring (one-on-one tutoring by students)
  http://rdc.libguides.com/peertutors
• Computer Basics
• Peer-Assisted Study Sessions (PASS) (student-led study groups)
• Prescreening and referral for learning disabilities

Disability Services (Library Information Common; 403-357-3629)
• Coordination of services (tutoring, alternate format text, note-taking etc.)
• Academic accommodations, including exam accommodations
• Accessibility issues
Funding information and referral
Counselling and Career Centre (Room 1402; 403-343-4064)
• Personal counselling
• Career counselling
• Employment and Career Services (resumes, job postings, etc.)

ADD/DROP and WITHDRAW DATES
The last day to add or withdraw without academic penalty and have tuition refunded is September 16, 2016. The last day to withdraw with a grade of WD is December 7, 2016.

ACADEMIC MISCONDUCT:
Please be familiar with what constitutes academic misconduct, as well as the consequences. Plagiarism involves submitting work in a course as if it were the student’s own work. Plagiarism may involve the act of submitting work in which some or all of the phrasing, ideas, or line of reasoning are alleged to be the submitter’s own but in fact were created by someone else. The complete RDC policy is on the RDC Policies web site: Appeals: Formal Policy, Appeals: Informal Resolution Policy and Student Misconduct: Academic and Non-Academic Policy.

Associate Dean: [Signature] Date: Sept 12, 2016