



## Justice Institute of British Columbia COURSE OUTLINE

<b>Course Code:</b>	<b>JPSCPP110</b>
<b>Course Title:</b>	Physical Education, Wellness and Self-Care – Level 1
<b>Prerequisite Courses:</b>	Acceptance into the program
<b>Sponsoring Division:</b>	<b>Centre for Aboriginal Programs and Services</b>
<b>Previous Course Code &amp; Title:</b>	same
<b>Course Effective Date:</b>	

<b># of Credits:</b>	3
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**Course Description:** This course will examine Wellness and Self-Care. Learners will apply goal-setting strategies to demonstrate growth in physical, mental, emotional and spiritual objectives. This course will offer practical opportunities to implement strategies through the physical fitness component. This course will help to prepare participants to pass the physical tests required for admission into the various workgroups (i.e. POPAT, PARE, COPAT, SOPAT).

### Course Goal(s):

The goal of this course is to provide learners with the knowledge and skills required for setting and achieving goals for maximum personal wellness.

### Course Learning Objectives:

*Upon successful completion of this course, the participant will be able to:*

- Examine their personal wellness from a holistic point of view
- Develop and implement goals to improve physical fitness, emotional and mental wellness
- Discuss stressors inherent in justice and public safety services fields
- Describe the relationship between personal health and career stressors

### Course Topics/Content:

1. Wellness
  - Emotional
    -
  - Physical
    - Standardized tests
    - Diet and weight control
  - Mental
    - Impediments to learning
  - Spiritual
    - Assessment of personal impact and connection



- 2. Goal Setting
  - o Personal objectives
  - o Career requirements and admission exams
  - o S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Time Managed) goals
- 3. Physical Fitness
  - o POPAT, PARE, COPAT, SOPAT
  - o 2.4 kilometre run
  - o Hand strength

**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:**

Corbin, C.B. Lindsey, R. (2004) *Fitness for Life. (5<sup>th</sup> Ed.)*. Canada: Human Kinetics.

**Recommended:**

Powers, S., Dodd, S.L. Thompson, A.M., & Condon, C. (2006) *Total Fitness and Wellness. (Canadian Ed.)*. Toronto, ON: Person Benjamin Cummings.

**Course Level:**

✓	First Year		Second Year		Third Year		Fourth Year
Other (describe):							

**Equivalent Course(s) within the JIBC:**



**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

<b>Delivery Methods</b>	<b>Class Option A (Hours)</b>	<b>Class Option B (Hours)</b>	<b>Class Option C (Hours)</b>	<b>Class Option D (Hours)</b>
Classroom/Lecture/Discussion	28			
Simulation/Lab				
Practicum/Fieldwork	14			
Online				
Correspondence				
<b>Total Class Hours</b>	42			

**Comments on Delivery Methods:**

**Related Program(s):** (where applicable)

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)



**Course Grading System:**

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input checked="" type="checkbox"/>	Percentage	<input type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

<b>Passing Grade:</b>	60
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	15%	Assignments	20%	Project	25%	Capstone Project	%
Midterm Exam	10%	Portfolio	%	Participation	30%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation:**

Learners will be evaluated on goal setting and personal improvements of their individual fitness goals.

**Other Course Guidelines, Procedures and Comments:**

View the Justice Institute of BC Policies listed below at:

[JIBC | About JIBC | Policies](#)

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records