



COURSE OUTLINE: PFP208 - LIFESTYLE MANAG II

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Course Code: Title	PFP208: LIFESTYLE MANAGEMENT II
Program Number: Name	1202: POLICE FOUNDATIONS
Department:	CRIMINAL JUSTICE
Academic Year:	2022-2023
Course Description:	This course builds on the knowledge and skills developed in Fitness and Lifestyle Management I. Topics include: coronary heart disease prevention, basic nutrition and heart-smart eating, body composition management, cardiovascular fitness assessment and exercise participation and prescription. Through participation in a variety of learning experiences, students gain the knowledge and skills necessary to make positive lifestyle changes with an emphasis on cardiovascular health. If students choose to incorporate their knowledge and skills into daily living, they will see an overall increase in personal wellness and fitness, as well as improved performance on law enforcement specific fitness tests.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Vocational Learning Outcomes (VLO's) addressed in this course:	1202 - POLICE FOUNDATIONS VLO 3 Be accountable for ones actions when carrying out all tasks. VLO 4 Develop and implement ongoing effective strategies for personal and professional development.
Essential Employability Skills (EES) addressed in this course:	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. EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication. EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others. EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals. EES 11 Take responsibility for ones own actions, decisions, and consequences.
General Education Themes:	Personal Understanding Science and Technology



Course Evaluation:**Books and Required Resources:**

Justice Studies T-shirt
Justice Studies T-shirt from the Sault College Book Store

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Identify the risk factors of coronary heart disease and describe specific disease prevention strategies.	1.1 Describe the impact of heart disease on North American society 1.2 Identify the primary risk factors for coronary heart disease 1.3 Identify the eight secondary heart disease risk factors 1.4 Identify which heart disease risk factors are controllable and which are uncontrollable 1.5 Define the following terms: arteriosclerosis, atherosclerosis, angina pectoris, myocardial infarction and stroke 1.6 Identify the symptoms of a heart attack 1.7 Identify the controversy regarding saturated fat and cholesterol and heart disease 1.8 Explain the roles of high density lipoprotein and the various forms of low density lipoprotein in heart health 1.9 Explain how smoking specifically increases one`s risk of coronary heart disease 1.10 Identify normal blood pressure range and values that indicate hypertension 1.11 Identify healthy blood lipid profile values 1.12 Describe how regular exercise positively impacts heart disease risk factors 1.13 Discuss future trends and present research related to heart disease 1.14 Describe key historic events related to lifestyle recommendations regarding reducing heart disease risk 1.15 Describe the relationship between diabetes and metabolic syndrome to coronary heart disease, obesity and performance
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Describe the essential elements of basic nutrition.	2.1 Describe evolutionary and cultural eating practices and explain how these changes have affected our health 2.2 Identify the six major nutrients and describe their main functions in the body 2.3 Identify the various views regarding the percentage of calories recommended in the diet for carbohydrates, proteins and fats 2.4 Discuss Canada`s Food Guide content, origins and reviews 2.5 Describe the role of carbohydrates and fibre 2.6 Compare types of fatty acids and describe their role in maintenance of good health 2.7 List sources of protein and review various recommendations for protein requirements 2.7 Use technology to analyze meals for nutritional content related to all six nutrient categories and to gather information to determine strategies for improvement



	2.8 Review recent research and future trends related to nutrition
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Describe and apply the basic concepts and skills related to body composition management.	3.1 Describe the impact of body fat on cardiovascular health and fitness 3.2 Compare overweight, obesity and body composition 3.3 Describe the common theories related to the causes of obesity 3.4 Describe the relationship of nutrition, exercise and body composition management 3.5 Describe body fat measurement techniques and list advantages and disadvantages of each method 3.6 Outline theories for body fat management 3.7 Outline the value of cardiovascular exercise, HIIT and weight training in body composition management 3.8 Know the health significance of personal data such as BMI, body fat percentage, waist circumference and hip to waist ratio 3.9 Identify Canadian cultural norms that impact negatively on body composition 3.10 Identify strategies to improve body composition
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Participate in a personal fitness program and collect data to evaluate program effectiveness.	4.1 Participate in a variety of cardiovascular activities and carefully record data regarding intensity and heart rate response 4.2 Complete weight training programs assigned in class 4.3 Evaluate muscular strength and muscular endurance using 5RM(repetition max) and 10RM data or by increasing loads, repetitions or sets 4.4 Demonstrate improvement related to cardiovascular endurance and speed by changing intensity, heart rate response and time to completion of activities of repeated events or demonstrate improvement on shuttle run and 1.5 mile tests
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Following fitness test apply knowledge to set new goals, design or modify a personal fitness program that addresses the achievement of high-level fitness and move toward accomplishing employment fitness standards.	5.1 Participate in a variety of fitness tests for each component of fitness 5.2 Design a personal fitness program in response to fitness assessment results and in class fitness data collection 5.3 Apply knowledge related to the development and maintenance of fitness and design an effective personal fitness program which includes: - application of the F.I.T.T. formula of exercise prescription (Frequency, Intensity, Time and Type) for cardio respiratory endurance and muscular strength 5.4 Apply the principles of progressive overload, specificity and rest to ensure that one's fitness program enables the student to achieve the identified employment standards 5.5 Set new goals and change the fitness program every four weeks based on fitness results on standardized tests to



	achieve those goals 5.5 Identify and build strategies related to obstacles that prevent obtaining goals 5.6 Chart fitness progress in portfolio
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Evaluate cardiovascular fitness, muscular strength, muscle endurance and flexibility with a variety of tests of fitness.	6.1 Complete cardiovascular tests such as the 1.5 mile run, shuttle run, bike ergometer test and rowing test to rank cardiovascular fitness and monitor improvement 6.2 Complete tests of muscular strength such as 5RM tests, hand grip 6.3 Complete tests of muscular endurance such as the 10RM test, core endurance test 6.4 Utilize chin-up or push-up tests appropriately as either a muscle strength or a muscle endurance test based on fitness level 6.5 Complete police fitness test such as Constable Selection Test, PARE or PREP test.
Course Outcome 7	Learning Objectives for Course Outcome 7
7. Demonstrate competencies while completing assigned programs.	7.1 Demonstrate and describe the important steps to remember when doing each of the assigned exercises on weight training programs and all relevant spotting techniques 7.2 Demonstrate and describe the technique used to find new training weights 7.3 Demonstrate and describe body weight exercises and exercises using rings, boxes, kettle bells, battle ropes, slam balls, BOSU balls, exercise balls and ladders 7.4 Demonstrate the ability to program a cardiovascular machine to achieve a specific goal Demonstrate the ability to complete a HIIT event for a specific goal

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Fitness Journal Entries in Class	20%
In class Competency	20%
Physical Fitness Testing and Reflection	20%
Quizzes/Assignments	20%
Written Test on Competencies	20%

Date: August 5, 2022

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.