



COURSE OUTLINE: PFP108 - LIFESTYLE MANAG I

Prepared: Anna Morrison

Approved: Karen Hudson, Chair, Community Services and Interdisciplinary Studies

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| Course Code: Title | PFP108: LIFESTYLE MANAGEMENT I |
| Program Number: Name | 1202: POLICE FOUNDATIONS |
| Department: | CRIMINAL JUSTICE |
| Academic Year: | 2023-2024 |
| Course Description: | This course introduces the student to the concept of wellness and provides practical strategies for developing a healthy lifestyle. Topics include positive lifestyle choices, self-management, and behaviour change techniques, exercise prescription, and fitness training methods. Through participation in hands-on learning experiences, students gain the knowledge and skills necessary to make positive lifestyle changes. 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 physical performance 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. |
| Substitutes: | CJS106, REC106 |
| This course is a pre-requisite for: | PFP308 |
| 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. |
| Please refer to program web page for a complete listing of program outcomes where applicable. | |
| 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

Course Evaluation: Passing Grade: 60%, C

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Books and Required Resources: Justice Studies T-shirt from the Sault College Book Store

Course Outcomes and Learning Objectives:

| Course Outcome 1 | Learning Objectives for Course Outcome 1 |
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| 1. Express concepts of wellness and self-responsibility. | 1.1 Contrast the past definition of health with the contemporary concept of wellness 1.2 Explore the validity of the statement - health is a matter of choice 1.3 Identify seven dimensions of wellness and behaviour choices which enhance each of them |
| Course Outcome 2 | Learning Objectives for Course Outcome 2 |
| 2. Apply behaviour management strategies to enhance personal wellness, improve job performance and ultimately increase career opportunities. | 2.1 Demonstrate skills in developing appropriate short and long term goals 2.2 Identify and practice methods of dealing with obstacles and resistance that interfere with obtaining goals 2.3 Practice time management techniques by scheduling training and adhering to a training plan which could aid in the achievement of employment and personal health goals |
| Course Outcome 3 | Learning Objectives for Course Outcome 3 |
| 3. Demonstrate knowledge and skills related to the development of physical fitness. | 3.1 Differentiate between health related and performance-related fitness 3.2 Define each of the five components of health related fitness 3.3 Outline the minimum exercise requirements necessary to improve each component of fitness applying the FITT formula of exercise prescription 3.4 Explain the importance of a warm up and cool down and describe the critical elements of both 3.5 Explain the following principles of training such as progressive overload, rest, individuality and specificity 3.6 Design an exercise plan that incorporates knowledge of the FITT formula and principles of training |
| Course Outcome 4 | Learning Objectives for Course Outcome 4 |
| 4. Demonstrate knowledge and skills related to the development of muscular strength and muscular endurance | 4.1 Identify and apply safe exercise practices when weight training 4.2 Describe and demonstrate proper setup and liftings techniques for chest exercises such as the Flat Barbell Bench Press, Flat Dumbbell Bench Press, Incline Barbell Bench Press, Decline Barbell Bench Press and Incline Dumbbell Bench Press. 4.3 Describe and demonstrate spotting techniques for chest exercises. 4.4 Describe and demonstrate proper setup and lifting |

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| | <p>techniques for back exercises related to pulling such as the Lat Pull Down, One Arm Row, Barbell Row, T Bar Row, Seated Cable Row, T-bar Row and Vertical Row.</p> <p>4.5 Describe and demonstrate proper setup and lifting techniques for exercises intended to train the hip complex such as the Deadlift, Back Squat, Romanian Deadlift, Bulgarian Split Squat, Reverse Lunge, Kettle Bell Swing and Goblet Squat.</p> <p>4.6 Demonstrate the ability to safely find training weights using the Repetitive Range method or by using a Repetition Max Calculator</p> <p>4.7 Describe and demonstrate muscle failure as it pertains to finding training weights</p> <p>4.8 Apply knowledge of safety principles and finding training weights by finding and submitting training weights for a muscular endurance training program</p> |
| Course Outcome 5 | Learning Objectives for Course Outcome 5 |
| 5. Demonstrate knowledge and skills related to cardiovascular endurance. | <p>5.1 Identify examples of aerobic activities which have the potential to increase cardio respiratory endurance</p> <p>5.2 Explain the following principles of training: progressive overload, rest, maintenance, individuality and specificity</p> <p>5.3 Identify the benefits of cardiovascular activity</p> <p>5.4 Apply FITT to a cardiovascular exercise prescription</p> <p>5.4 Demonstrate the ability to program and use several different pieces of cardio equipment</p> <p>5.5 List advantages and disadvantages of various program demonstrate knowledge of predicted maximum heart rate and training zone based on age and knowledge of fitness level</p> <p>5.6 Identify advantages of cross training, HIIT training and other specific cardiovascular training</p> <p>5.7 Complete and record a variety of cardiovascular training activities that would prepare the student for Police Applicant Testing</p> |
| Course Outcome 6 | Learning Objectives for Course Outcome 6 |
| 6. Demonstrate knowledge and skills related to the development of flexibility and core endurance | <p>6.1 Describe how flexibility training enhances wellness</p> <p>6.2 Compare the benefits and risks associated with static, dynamic, ballistic and PNF stretching techniques</p> <p>6.3 Demonstrate safe and effective exercises which enhance flexibility for all major muscle groups trained in programs or tested in police tests</p> <p>6.4 Describe the muscles involved in core endurance</p> <p>6.5 Describe and demonstrate a variety of core endurance exercises</p> |
| Course Outcome 7 | Learning Objectives for Course Outcome 7 |
| 7. Demonstrate an understanding of how nutrition plays a role in meeting optimal fitness levels. | <p>7.1 Identify key macro and micro nutrients</p> <p>7.2 Complete a food diary and analyze nutrient intake</p> <p>7.3 Describe healthy eating strategies</p> <p>7.4 Explore the relationship between nutrition and performance</p> |

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| Course Outcome 8 | Learning Objectives for Course Outcome 8 |
| 8. Execute and modify personal fitness program that addresses the achievement of employment standards and lifetime maintenance of fitness. | 8.1 Choose a suitable fitness program to achieve employment entrance standards 8.2 Apply the principle of progressive overload, specificity and rest to ensure that one's fitness program 8.3 Accurately record adherence to program and document progression 8.4 Utilize critical thinking skills to change program as needed by completing the Reflection Assignment 8.5 Design a full body functional training program using the concepts learned in the class 8.6 Use a Repetitive Range Calculator to modify loads after four to six weeks of muscular strength and endurance training 8.7 Reflect on training results |
| Course Outcome 9 | Learning Objectives for Course Outcome 9 |
| 9. Demonstrate understanding of an appropriate fitness level in law enforcement. | 9.1 Attempt several cardiovascular tests such as the Shuttle Run, 1.5 mile run, 12 minute walk test or the bike ergometer test and evaluate fitness 9.2 Attempt the OPC component tests (push ups, core endurance, trunk forward flexion, 1.5 mile run) and evaluate fitness 9.3 Demonstrate knowledge of common police tests and the most commonly failed components 9.4 Attempt segments and skills related to police tests such as the PARE or PREP tests 9.5 List practice tests to complete at home when preparing for police tests of physical fitness 9.6 Describe the importance of a sound nutritional strategy in relationship to success on BFOR testing |

Evaluation Process and Grading System:

| Evaluation Type | Evaluation Weight |
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| Designing a Training Program | 10% |
| Final Test | 25% |
| Finding a Training Weight Assignment | 10% |
| Physical Competencies | 20% |
| Quizzes | 15% |
| Reflection Assignment | 10% |
| Training Journal | 10% |

Date:

June 27, 2023

Addendum:

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

