

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: RECREATION AND PHYSICAL TRAINING

CODE NO.: REC 100 110 200 210 300 325

PROGRAM: AVIATION TECHNOLOGY

SEMESTERS: ONE TO SIX

DATE: SEPTEMBER 1989

AUTHOR: _____

NEW:

REVISION

APPROVED: */Xj LLu>n,c^Xt*
 CHAIRPERSON *~ff*

DATE *?7/06// 7-*

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CALENDAR DESCRIPTION

<u>RECREATION & PHYSICAL TRAINING</u>	<u>REC 100 IIP 200 210 300 325</u>
Course Name	Course Number

PHILOSOPHY/GOALS;

This is a compulsory physical training program. Students are required to participate in a variety of fitness and recreational activities in order to maintain or improve their fitness level. It is intended that the students learn to enjoy being active so that they will continue to pursue a fit life-style throughout their lives.

METHOD OF ASSESSMENT (GRADING METHOD);

Grading will be established using standard fitness tests.

Students must attain or exceed the 50'th percentile on the overall fitness test according to the Canadian Standardized test results i.e.: Norm Charts.

Fitness tests will be held three times per year (in September, December and April).

The major components of fitness will be included in the testing procedure - i.e.: cardiovascular endurance, muscular endurance, flexibility, and body composition.