



INSTRUCTIONAL HOURS: 8
RECOMMENDED PRE-REQUISITE(S): N/A
CO-REQUISITES: N/A
APPROVED FOR USE IN ACADEMIC SEMESTERS: 2013-2014

COURSE DESCRIPTION:

Are you resolving to get healthy this year? Walking is recognized as one of the easiest ways to improve your overall health. Benefits include weight management, improved fitness levels, feeling of well being and decreased risk of some chronic diseases. Classes include short health and nutrition sessions. Join us on the new Health and Wellness walking track to get your health back on track.

RATIONALE:

To get fit and have fun!

COURSE DELIVERY:

The course content will be presented through a blend of instructional methods which may include lecture, discussion, and hands-on activities.

LEARNING OBJECTIVES/OUTCOMES:

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

- Understand heart rate and perceived exertion for the purpose of monitoring intensity
- Adjust workout to safely increase or decrease intensity
- Understand the value of incorporating walking in a healthy active lifestyle
- Understand the importance of nutrition and hydration in a healthy active lifestyle
- Execute appropriate stretches to include in a warm-up and cool-down

TOPICS

1. Components of Fitness
2. Monitoring your Workout
3. Nutrition
4. Safe Stretching
5. Healthy Active Living

REQUIRED COURSE MATERIAL: (to be purchased by the learner)

Not applicable but students should have indoor shoes and are encouraged to bring a water bottle.

STUDENT EVALUATION

The student's progress will be recorded using the following grades.

S - Satisfactory achievement in field /clinical placement or non-graded subject area.

U - Unsatisfactory achievement in field/clinical placement or non-graded subject area

Teaching Contact

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Academic Manager Signature

“Ted Newbery”

NOTICE TO ALL
STUDENTS:

We urge you to retain this course outline for future reference. There is a charge for additional copies.