



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

COURSE DESCRIPTION:

Bootcamp is designed to improve fitness for all levels. Exercises are modified to help the beginner to be successful and the fit to get fitter. Classes will be held in the new Sault College Fitness Centre until the weather let's us get outside. Join this fun and functional program to kick start your spring! This is a great course for those brides-to-be to get ready to look great in that wedding dress! Please meet outside of the new Sault College Health and Wellness Centre.

RATIONALE:

To get healthy.

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:

Perform exercises with appropriate skill level technique.

Participants will improve their cardiovascular health as well as muscular endurance and strength.

TOPICS

Strength Training –

The strength training components of the program will incorporate using free weights and body weight exercises to condition and improve muscular tissue.

Cardiovascular Endurance –

Participants will learn to self-evaluate using the Borg RPE scale (rate of perceived exertion)

Importance of Warm Ups and Cool Downs –

Participants will be guided through activity appropriate warm up and cool down routines that will facilitate recovery and help prevent injury.

Canada's Food Guide & Healthy Eating –

Participants will learn about the importance of healthy eating while being physically active, about serving sizes and daily food group serving recommendations.

REQUIRED COURSE MATERIAL:

Indoor gym shoes (outdoor gym shoes weather permitting), water bottle, active wear.

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

Jennifer Lalonde
Jennifer.lalonde@saultcollege.ca

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.