

(450)

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ON**

**COURSE OUTLINE**

COURSE TITLE: AEROBIC FITNESS

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CODE NO.: REC 108-1 SEMESTER: FALL

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PROGRAM: GENERAL ARTS AND SCIENCE

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AUTHOR: COLLEEN CROWLEY-STROM

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DATE: SEPTEMBER 1993 PREVIOUS OUTLINE: JANUARY 1993

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NEW:

REVISED:

APPROVED: ' / V f/^Mtf/), }^ ,  
Kitty DeRosario, Dean-  
Human Sciences & Teacher ED

Date yy\* ^ / ^

### **COURSE DESCRIPTION:**

Through daily participation in well-rounded workouts, students will enhance their knowledge and skills related to the pursuit of personal fitness and wellness. They will be introduced to a variety of aerobic training styles including low-impact, high/low, and step aerobics, as well as activities to develop the major muscle groups. Because students will learn how to modify exercises to suit their individual strengths and weaknesses, this course is appropriate for a variety of ages and fitness levels.

### **STUDENT PERFORMANCE OBJECTIVES:**

Upon completing this course students will be able to:

- a. demonstrate knowledge of appropriate cardiovascular, muscular endurance, and flexibility training as well as proper warm-up and cool-down activities.
- b. demonstrate the ability to adapt exercises to suit their own fitness levels, and physical limitations.
- c. identify the many benefits of regular physical activity including prevention of several chronic diseases and conditions.
- d. perform exercises which are safe and effective, and avoid those that are potentially dangerous.
- e. avoid falling for common fitness myths and gimmick devices.

### **TOPICS**

1. How to measure exercise intensity, (ie. heart rate checks and the "Talk Test")
2. HoW to modify exercise intensity
3. The purpose of warming up
4. How to warm up before a workout
5. The purpose of cooling down
6. How to cool down after a workout

### **RESOURCES**

- Mini Lecture  
Heart Rate Chart
- Mini Lecture &  
Demonstration
- Mini Lecture  
Poster on wall
- Mini Lecture, Demonstration  
Poster
- Mini Lecture  
Poster
- Mini Lecture, Demonstration  
Poster

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|-------------|--|-------------------------------|
| 7.          | How to apply the F.I.T.T. formula of exercise prescription to their own fitness program                                      | Mini Lecture<br>Handout       |
| 8.          | How to prevent and treat "shin splints"  | Mini Lecture<br>Demonstration |
| 9.          | How to perform abdominal exercises safely and effectively  | Mini Lecture<br>Demonstration |
| 10.         | How to perform hip and leg exercises safely and effectively  | Mini Lecture<br>Demonstration |
| 11.         | How to perform arm and shoulder exercises safely and effectively   | Mini Lecture<br>Demonstration |
| 12.         | How to perform safe and effective back exercises and prevent back injuries   | Mini Lecture<br>Demonstration |
| 13.         | How to perform exercises for the muscles of the pelvic floor   | Mini Lecture<br>Demonstration |
| JM14.<br>^^ | How to adapt exercise during pregnancy to protect the mother and fetus   | Mini Lecture<br>Demonstration |
| 15.         | Exercise recommendations for older participants  | Mini Lecture                  |
| 16.         | The many important benefits of regular exercise  | Mini Lecture                  |
| 17.         | How regular aerobic exercise helps to prevent coronary heart disease   | Mini Lecture<br>Handout       |
| 18.         | How regular exercise helps to prevent Osteoporosis (bone deterioration)  | Mini Lecture<br>Handout       |
| 19.         | How regular exercise helps to prevent cancer   | Mini Lecture<br>Handout       |
| 20.         | The relationship of regular exercise to other chronic diseases/conditions including osteoarthritis, low back pain and asthma | Mini Lecture<br>Handout       |
| 21.         | The importance of drinking water and keeping the body hydrated   | Mini Lecture                  |
| 22.         | How to create a nutritious and balanced diet to contribute to a healthy life-style   | Mini Lecture<br>Handout       |
| t 23.       | How regular aerobic exercise helps to prevent obesity and reduce excess body fat   | Mini Lecture<br>Handout       |

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|-----|--|--------------|
| 24. | Myths and gimmicks related to fat reduction, eg. spot reducing, meal replacements, passive reducing machines, etc. | Mini Lecture |
| 25. | The dangers of strict dieting  | Mini Lecture |

**EVALUATION METHODS:**

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| 1. | Attendance/Participation<br>(earn 2 percent per class in which you participate)            | 50% |
| 2. | Leadership Activity<br>(Lead a short segment of the class or discuss a "Fit Tip" topic)    | 20% |
| 3. | Final Written Exam<br>(on material covered in mini lectures, demonstrations, and handouts) | 30% |

Possible "Fit **Tip**" topics for the Leadership Activity include:

- How smoking affects your health
- Motivational techniques to help you stick with an exercise program
- The benefits of weight training
- Cross Training
- How to cut fat from your diet
- Walking as an excellent fitness activity
- Exercise as a stress management technique
- Exercises you can do at the office
- How excess alcohol consumption affects your health
- How to create a healthier environment
- "Active Living"
- The pros and cons of vitamin supplements
- The dangers of anabolic steroid use
- How regular exercise helps "cure" depression

**NOTE:**

You should research your topic thoroughly and hand in a one page summary of your topic on the day of your presentation.

**COLLEGE GRADING POLICY**

90 - 100% = A+

80 - 89% = A

70 - 79% = B

60 - 69% = C

BELOW 60% = R (repeat)

**SPECIAL NOTE**

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.