

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: FITNESS I

Code No.: REC 106 Semester : TWO

Program: GENERAL ARTS AND SCIENCE

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Fitness and Recreation
Instructor: C. Crowley-Strom

REC 106

I. COURSE DESCRIPTION

The intent of this course is to provide students with skills and knowledge in a variety of fitness activities which will have lifelong appeal and will contribute to physical fitness as a way of life.

II. COURSE OBJECTIVES

Upon successful completion students will be able to:

- a) identify and apply the FITT formula, principles of training, and monitoring techniques to their personal fitness routine.
- b) describe the physical, and psychological benefits of physical fitness.
- c) demonstrate basic skills in a wide variety of lifelong sports and recreational activities, such as: volleyball, badminton, weight training, fitness walking/jogging, cycling, aerobics, ...
- d) demonstrate proper warm-ups, cool-downs, and safe exercise practices.
- e) demonstrate understanding of weight training principles by creating their own program.
- f) Assess the value of a new exercise by identifying the exercise's effectiveness as well as any special precautions associated with it.
- g) demonstrate knowledge of healthy and effective weight (fat) management techniques.
- h) apply sound nutritional practices related to physical fitness.
- i) demonstrate that they have made a personal commitment to regular exercise by participating in the following standardized fitness tests:
 1. 12 minute run or 1.5 mile run (Cardiovascular Endurance)
 2. sit and reach (Flexibility)
 3. one minute sit-up test (Muscular Endurance)
 4. grip strength (Muscular Strength)

IMPORTANT:

For safety reasons, some individuals with genetic conditions or permanent disabilities resulting from injuries will be tested with alternate test measures. Example: Modified curl-ups in place of full sit-ups. It is important that you inform the instructor of your need for alternate fitness tests and/or recreational activities as soon as possible.

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III. TOPICS TO BE COVERED

1. Introduction to Fitness
2. Benefits of Fitness
3. Motivation
4. Muscular Strength and Muscular Endurance
5. Cardiovascular Endurance
6. Flexibility
7. Weight control and Nutrition (Body Composition;

IV. LEARNING ACTIVITIES

1.0 Introduction to Fitness

Upon successful completion of this unit, students should be able to:

Unless otherwise indicated on page reference refer to the required text.
pg. 5-7

- 1.1 Explain why health is a matter of choice. pg. 5-7
- 1.2 Define health-related and performance related fitness pg. 9-10
- 1.3 Describe the components of fitness related to health and the components related to performance pg. 9-10 and lecture notes
- 1.4 Describe the FITT Formula of exercise prescription lecture notes

2.0 Benefits of Fitness

Upon successful completion of this unit students should be able to:

- 2.1 Describe how the death and disease patterns are changing pg. 26-27
- 2.2 Identify the risk factors of cardiovascular disease pg. 31-35
- 2.3 Identify how regular cardiovascular exercise can reduce the risk of cardiovascular disease pg. 64-69
- 2.4 Identify other chronic diseases and the role exercise may play in managing and/or preventing them. pg. 90-104

3.0 Motivation

Upon successful completion of this unit, students should be able to:

- 3.1 Identify the factors on which initiating and complying to an exercise program are dependent pg. 108
- 3.2 List the most common reasons for dropping out of an exercise program pg. 109
- 3.3 Describe motivational strategies to help you stick with your exercise program pg. 117 - 123

4.0 Muscular Strength and Endurance

Upon successful completion of this unit, the student should be able to:

- 4.1, Describe the many benefits of weight training Handout-Weight Training For Beginners
- 4.2 Describe and demonstrate concentric and eccentric muscular contractions pg. 197
- 4 Define agonist and antagonist pg. 198
- 4 Describe how muscular endurance and muscular strength may be measured pg. 229-236/In class Fitness Tests
- 4.5 Discuss the strength development of men compared to women pg. 204
- 4.6 Discuss the role of anabolic steroids as well as their potential dangers lecture notes and in-class discussion
- 4.7 Discuss the importance of warm-up and cool-down for weight training pg. 211
- 4.8 Describe and demonstrate a proper warm-up for weight training In-class lecture material gym demonstration
- 4.9 Describe why the statements on the beginner weight training manual are myths or fallacies Handout "Weight Training for Beginners"
- 4.10 Discuss the reasons for acute and delayed muscle soreness during and after resistance training pg. 215
- 4.11 List safety tips that one should follow when lifting weights pg. 216 and lecture material
- 4.12 Identify and locate the major muscle groups of the body and demonstrate weight training and stretches for each of them Handout "21 Important Muscles for Weight Training"
- 4.13 Explain the Principles of Conditioning such as specificity, adaptation, progressive overload,... Handout "Weight Training for Beginners"

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5.0 Cardiovascular Fitness

Upon successful completion of this unit, the student should be able to:

- 5.1 Define and differentiate between anaerobic and aerobic activities
- 5.2 Describe the production of energy by both aerobic and anaerobic processes pg. 129
- 5.3 Demonstrate how to determine your target heart rate zone for exercise pg. 145-147, in class lecture material, gym demonstration
- 5.4 Demonstrate the ability to take your pulse rate to monitor exercise intensity in-class demonstration
- 5.5 Explain the importance of cooling down after cardiovascular exercise pg. 153

6.0 Flexibility

Upon successful completion of this unit, the student should be able to;

- 6. Describe factors limiting flexibility pg. 242
- 6 Describe the relationship between flexibility and lower back pain pg. 242
- 6 Compare static vs dynamic stretching pg. 244, 137
- 6 Describe the proper way to warm up pg. 244
- 6.5 Describe proprioceptive neuromuscular facilitation stretching techniques pg. 137
- 6.6 Describe stretches for the major muscle groups pg. 246-251
in-class lecture material
gym demonstration
- 6.7 Describe high-risk flexibility exercises pg. 139-144
in-class demonstration

8.0 Weight Control and NUTRITION

Upon successful completion of this unit, the student should be able to:

- 8.1 Define body composition pg. 287
- 8.2 Define essential and storage fat pg. 287
- 8.3 Describe the relationship between body composition and wellness pg, 290
- 8.4 Explain the effect of exercise on body composition pg. 292-298

- 8.5 Discuss the problems associated with very low caloric diets pg. 301
- 8.6 Describe cycle dieting and discuss its effectiveness as a weight loss technique pg. 301
- 8.7 Describe the guidelines that should be followed by the underweight when they attempt to gain weight pg. 302
- 8.8 Discuss the guidelines for healthy eating pg. 261-282

V. ASSIGNMENTS

1. Maintain a six day record of your personal weight training program. Include at least 10 different free weight and/or universal exercises. The date of exercise, training load, number of reps and number of sets should be clearly written. State whether you are a beginner, intermediate or advanced weight trainer, and whether you are working on muscular strength or muscular endurance. (10%)

Due:

2. Presentation on 1 muscle (assigned by instructor). Include the muscle's location, action, 2 strengthening exercises and 1 stretch.(time limit of one minute). Submit in written form.(10%)

Due:

3. Students will each be required to set up and dismantle equipment. Care of equipment and proper set-up will be evaluated. (5%)

Due:

VI METHODS OF EVALUATION

Assignments and in-class projects	25%
Physical Fitness Test Participation	10%
Written Test	30%
Written Final Exam	35%
Attendance and Participation	5 bonus marks
(0 gym absences - 5 marks, 1 absence - 4 marks, 2 absences - 3 marks 5 or more absences - 0 bonus marks)	

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NOTE:

Late assignments will be penalized 10% per day. Assignments will not be accepted beyond 7 days after the due date.

VII. REQUIRED STUDENT RESOURCES

Frank D. Rosato, "Fitness and Wellness: The Physical Connection"
(Available in College Book Store)

VIII. COLLEGE GRADING POLICY

90-100% = A+

80- 89% = A

70- 79% = B

60- 69% = C

Below 60 =R (Repeat Course)

SPECIAL NEEDS

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

NOTE

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