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SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: AEROBIC FITNESS

CODE NO.: REC 108-1 SEMESTER: WINTER

PROGRAM: GENERAL ARTS AND SCIENCE

AUTHOR: COLLEEN CROWLEY-STROM

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DATE: JANUARY 1993 PREVIOUS OUTLINE: SEPTEMBER 1992

NEW: REVISED: X

APPROVED: Kitty DeRosario, Dean
Human Sciences & Teacher ED

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Aerobic Fitness
REC 108-1

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COURSE DESCRIPTION

Students will participate in a variety of aerobic fitness classes including high-impact, low-impact, and no-bounce styles. They will be introduced to proper warm-up and cool-down activities, safety techniques, exercises to develop the major muscle groups, and intensity monitoring techniques. They will learn how to modify exercises to meet their individual strengths and limitations. This course is suitable for all individuals who are interested in improving their fitness level and gaining knowledge of safe and effective fitness practices.

STUDENT PERFORMANCE

After completing this course students will be able to:

- a. identify the muscle groups being stretched or strengthened in any exercise
- b. monitor their exercise intensity using both heart rate checks (Karvonen's formula) and the Borg Scale of Perceived Exertion
- c. modify any exercise to better meet their fitness level, physical strengths, or limitations
- d. demonstrate knowledge of appropriate warm-up, cardiovascular, muscular endurance, and cool-down activities by leading a short segment of the class
- e. describe safe exercise practices

EVALUATION METHODS

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| a. | Attendance/Participation
(2 marks per class in which the student participates) | 50% |
| b. | Leadership Activity - lead segment of class
or discuss "fit tip" topic | 20% |
| c. | Final Written Exam | 30% |

TOPICS TO BE COVERED

1. Heart Rate
2. Modifying intensity
3. Purpose of a Warm-up

	Warm-up content
	Purpose of a Cool-down
	Cool-down content
%	"Shin Splints"
8	F.I.T.T. Formula
9	Abdominal Exercises - How to do them safely
10	Abdominal Shape - Spot Reduction
11	Hip Exercises and safety
12	Leg Exercises and safety
13	Arm exercises and safety
14	Back care exercises
15	Pelvic Floor
16	Prenatal Concerns
17	Aging and exercise tips
18	Exercise and risk of degenerative disease, i.e. cardio vascular
19	Exercise and osteoporosis
20	Nutrition Tips - hydration
21	Nutrition Tips - energy balance
22	Nutrition Tips - Canada Food Guide
23	Nutrition Tips
24	Gimmick Devices
25	Student Topic
26	Student Topic
27	Student Topic
28	Student Topic
29	Student Topic
30	Student Topic

LEARNING ACTIVITIES

RESOURCES

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

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|-----|--|---------------|
| 1.1 | demonstrate Karvonen's formula for finding heart rate and Borg's Scale for monitoring heart rate | mini lecture |
| 1.2 | demonstrate intensity modification techniques | mini lecture |
| 1.3 | describe the purpose of a warm-up | mini lecture |
| 1.4 | demonstrate a warm-up | demonstration |
| 1.5 | describe the purpose of a cool-down | mini lecture |
| 1.6 | demonstrate a cool-down | demonstration |
| 1.7 | discuss causes of "shin splints" and methods of avoiding them | mini lecture |
| 1.8 | apply the F.I.T.T. formula to exercise prescription for cardiovascular fitness, muscular strength, muscle endurance, and flexibility | hand-out |

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| 1.9 | demonstrate safe abdominal exercises | demonstration |
| .0 | discuss the myth of spot reduction | mini lecture |
| 2.1 | demonstrate and discuss safe hip exercises and identify dangerous variations | mini lecture |
| 2.2 | demonstrate and discuss safe leg exercises and identify dangerous variations | mini lecture |
| 2.3 | demonstrate and discuss safe arm exercises and identify dangerous variations | mini lecture |
| 2.4 | demonstrate and discuss back care exercises | mini lecture |
| 2.5 | describe the exercise needs of the pelvic floor | mini lecture |
| 2.6 | list most serious fitness modifications for pregnant participants | mini lecture |
| 2.7 | describe the effects of exercise on aging | mini lecture |
| 2.8 | describe how exercise reduces the risk of degenerative diseases | mini lecture |
| 2.9 | describe the body's need for water | mini lecture |
| 0 | describe the energy balance theory | mini lecture |
| 3.1 | describe Canada's Food Guide | hand out |
| 3.2 | discuss gimmick devices such as, abdominizer, gut buster, etc. | mini lecture |

COLLEGE GRADING POLICY

- 90 - 100% = A+
- 80 - 89% = A
- 70 - 79% = B
- 50 - 69% = C
- 59% and under = R (Repeat)

'NOTES

Students will receive 2% for each class in which they participate.

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