

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

J APR - 5 1935

COJRSJE OJIUJNE

COURSE TITLE: AEROBIC FITNESS

CODE NO. REC 112-2 SEMESTER: Winter

PROGRAM: GENERAL ARTS AND SCIENCE

AUTHOR: COLLEEN CROWLEY-STROM

INSTRUCTOR: T. HAZLETT

DATE: January 1995 PREVIOUS OUTLINE: January 1994

NEW: REVISIED: _X

APPROVED: Kitty DeKosario, ^{A ^ / A ^ K}
Human Sciences & ^{ean} Teacher ED

Date 7/1y Y/rz

****NOTE:** Do not discard this outline. It will be required by other educational institutions if you are attempting to obtain credit for this course.

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 participate daily in 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

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

- | | | |
|-----|--|-------------------------------|
| 7. | How to apply the F.I.T.T. formula of exercise prescription to their own fitness program | Mini Lecture
Handout |
| 8. | How to prevent and treat "shin splints" | Mini Lecture
Handout |
| 9. | How to perform abdominal exercises safely and effectively | Mini Lecture
Demonstration |
| 10. | How to perform hip and leg exercises safely and effectively | Mini Lecture
Demonstration |
| 11. | How to perform arm and shoulder exercises safely and effectively | Mini Lecture
Demonstration |
| 12. | How to perform safe and effective back exercises and prevent back injuries | Mini Lecture
Demonstration |
| 13. | How to perform exercises for the muscles of the pelvic floor | Mini Lecture
Handout |
| 14. | How to adapt exercise during pregnancy to protect the mother and fetus | Mini Lecture
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
Handout |
| 18. | How regular exercise helps to prevent Osteoporosis (bone deterioration) | Mini Lecture
Handout |
| 19. | How regular exercise helps to prevent cancer | Mini Lecture
Handout |
| 20. | The relationship of regular exercise to other chronic diseases/conditions including osteoarthritis, low back pain and asthma | Mini Lecture
Handout |
| 21. | The importance of drinking water and keeping the body hydrated | Mini Lecture
Handout |
| 22. | How to create a nutritious and balanced diet to contribute to a healthy life-style | Mini Lecture
Handout |
| 23. | How regular aerobic exercise helps to prevent obesity and reduce excess body fat | Mini Lecture
Handout |

- | | | |
|-----|--|--------------|
| 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:

- | | | |
|----|--|-----|
| 1. | Attendance/Participation
(earn 2 percent per class in which you participate) | 50% |
| 2. | Leadership Activity
(Lead a short segment of the class or discuss a "Fit Tip" topic) | 20% |
| 3. | Final Written Exam
(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 two page summary of your topic. Assignments should be typed and double-spaced.

Due Date: Wednesday March 8

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

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.

#