

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY  
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title:       FITNESS III  
Code No,            REC 215  
Program:            CORRECTIONAL WORKER  
Semester:           THREE  
Date:                SEPTEMBER 1991      Previous Date:    SEPTEMBER 1990  
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Fitness III  
Instructor: A. Morrison

REC 215

### PHILOSOPHY/GOALS

This is a program with three primary goals. One to focus on the maintenance of physical fitness levels suitable for individual health and prevention of injury during regular correctional worker tasks and during self-defence training. Two, to cover a variety of defensive techniques relevant to the field of corrections. Three, to receive certification in C.P.R.

### STUDENT PERFORMANCE OBJECTIVES

Upon successful completion of this course the student will be able to:

1. Design and perform an exercise routine three times per week that includes all components of fitness.
2. Critique and alter an exercise program design to meet optimal personal fitness levels based on fitness test scores.
3. Achieve 50% or more on the formal standardized testing.  
See Appendix A B C...
4. Describe personal weapons, vulnerable areas of the body, principles that aid success of defense skills, escorting techniques, releases, cuffing and searching techniques.
5. Demonstrate blocks, defensive foot striking techniques, releases, client escort techniques, falling techniques, stances, and control technique
6. Meet standards in order to receive a C.P.R. certificate.

### TOPICS TO BE COVERED

Self Defence - Block  
- Holds  
- Releases  
- Escort Techniques

Fitness-Fitness Testing Procedures and Optimal Values

Programs for increasing speed, flexibility and strength

Guidelines for exercise routines for maintenance of fitness levels

Method of critiquing plan and altering program design to meet optimal personal fitness levels

C.P.R. program

Fitness III  
A. Morrison

## LEARNING ACTIVITIES

### 1.0 Self Defense

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

- |     |  |                        |
|-----|--|------------------------|
| 1.1 | Defensive Stance   | In class demonstration |
| 1.2 | The following Blocks:<br>High Block, Forearm Block<br>Downward Block, "X" Block  | and lecture material   |
| 1.3 | Two kicking techniques:<br>Front Snap Kick, Side Snap Kick   | Self Defence Handbook  |
| 1.4 | Falling Techniques   |                        |
| 1.5 | Major Outer Reaping Throw  |                        |
| 1.6 | Rear Takedown  |                        |
| 1.7 | Releases from the following attacks <ul style="list-style-type: none"> <li>. Front Strangle Attack</li> <li>. Rear Strangle Attack</li> <li>. Rear Strangle Attack - arm encircles throat</li> <li>. Head lock (from the front)</li> <li>. Knife/Gun attack</li> <li>. Wrist Takedown</li> </ul> |                        |
| 1.8 | The following escorts: <ul style="list-style-type: none"> <li>. Arm Bar</li> <li>. Hammer Lock</li> <li>. Finger Come-along</li> <li>. Wrist Come-along</li> </ul>   |                        |

### 2.0 Self Defence Theory

Upon successful completion of this unit students will be able to describe:

- |     |   |                       |
|-----|---|-----------------------|
| 2.1 | Four escort techniques                            |                       |
| 2.2 | Five releases or escapes                          |                       |
| 2.3 | Principles that aid success                       |                       |
| 2.4 | Searching and Handcuff techniques                 |                       |
| 2.5 | Vulnerable areas of the body and personal weapons | Self Defence Handbook |

### 3.0 Designing Personal Exercise Programs

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

- |     |  |  |
|-----|--|--|
| 3.1 | Determine personal fitness goals   | In class lecture and discussion                                  |
| 3.2 | Design a personal fitness routine that will maintain all components of fitness   | Assignment I includes Learning Activities 1.1, 1.2, 1.3, and 1.4 |
| 3.3 | Set up a method of evaluation of personal program  |  |
| 3.4 | Devise a system of personal reward for motivation  | Assignment II includes Learning Activity 1.5                     |
| 3.5 | Critique and alter an exercise program to meet optimal personal fitness levels (based on fitness test results) and on personal goals |  |

4.0 Fitness Test

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

- 4.1 Achieve 50% on a fitness test including:
- . push-ups
  - . sit-ups
  - . grip strength
  - . 12 minute run
  - . sit and reach

5.0 C.P.R.

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

- 5.1 Identify risk factors associated with heart disease
- 5.2 Describe the anatomy of the circulatory and respiratory systems
- 5.3 Identify symptoms of coronary artery disease
- 5.4 Identify a heart attack and a stroke
- 5.5 Demonstrate one rescuer CPR, infant CPR, rescuing a choking victim with a complete airway obstruction, reviving an unconscious victim with complete airway obstruction

Cardiopulmonary Resuscitation Basic Rescuer Manual

pg. 5  
pg. 7,8  
pg. 9  
pg. 10,11  
pg. 16-33

**EVALUATION METHODS**

1. Assignments	10%
2. Fitness Test	30%
3. Self Defence Techniques	30%
Theory	10%
4. C.P.R.	20%

**COLLEGE GRADING POLICY**

90-100% = A+  
80- 89 - A  
70- 79 - B  
60- 69 = C  
Below 60= R (Repeat Course)

**REQUIRED STUDENT RESOURCES**

C.P.R. Manual - Available in the Book Store  
Self Defence Handouts will be provided

**ADDITIONAL STUDENT RESOURCES**

"Joy of Flex" by Gareth Llewellyn and Greg Poole - on reserve  
"Physical Fitness a Way of Life" by Bud Getchell - on reserve  
"Self Defence" Ontario Police College - copies available from instructor

**SPECIAL NOTES**

Fitness testing is booked only once. Those who miss the test will receive a mark of (0) unless they have a medical note on prior approval. In case where a medical note was received or prior approval was granted previous test scores will be used or students can arrange to be fitness tested in another program.

**SPECIAL NEEDS NOTES**

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.

PUSH UPS

Score out of 20		29 and under		30 and over	
		Men	Women	Men	Women
Superior	20	46	40	39	36
	19	44	38	37	34
Excellent	18	41	35	34	31
	17	39	33	32	29
	16	37	31	31	28
Above Averg	15	35	29	29	26
	14	33	26	26	24
	13	30	23	23	21
Average	12	28	20	21	19
	11	26	18	19	17
	10	23	16	18	14
Below Averg	9	21	14	16	12
	8	19	12	14	10
	7	17	10	12	9
Poor	6	16	9	11	7
	5	15	8	10	6
	4	13	6	8	4
	3	12	5	7	3
	2	10	4	6	2
	1	8	2	3	1

30 and over  
Men      Women

Superior	20	54	47	47	40
	19	52	45	45	38
Excellent	18	50	43	43	36
	17	48	41	41	34
	16	46	39	39	32
Above Averg	15	44	37	37	30
	14	42	35	35	28
	13	39	33	33	26
Average	12	36	30	30	23
	11	34	27	28	21
	10	32	24	26	19
	9	30	22	23	17
	8	28	20	21	14
	7	27	18	19	12
	6	23	16	17	10
	5	21	14	15	8
	4	19	12	13	6
	3	17	10	11	4
	2	15	8	9	2
	1	13	6	7	1

^Rvdapted by Anna Morrison from

	Ke <u>Cooper Norms</u>					
	Under 30		30-39		40-49	
Score out of 50	Men	Women	Men	Women	Men	Women
Excellent						
50	35	33	33	31	31	29
48.5	34	32	32	30	30	28
47	33	31	31	29	29	27
45.5	32	30	30	28	28	26
44	31	29	29	27	27	24
42.5	30	28	28	26	26	23
41	29	27	27	25	25	22.2
39.5	28	26	26	24	24	21.4
38	27	25	25	23	23	20.6
36.5	26	24	24	22	22	19.8
35	25	23	23	21	21	19
33.5	24	22	22.2	20.2	20.2	18.2
32	23	21	21.4	19.4	19.4	17.4
B O . 5 W 2 9	22	20	20.6	18.6	18.6	16.6
27.5	21	19	19.8	17.8	17.8	15.8
26	20	19	19	17	17	15
24.5	19	18	18	16	16	14
23	18	17	17	15	15	13
21.5	17	16	16	14	14	12
20	16	15	15	13	13	11
18.5	15	14	14	12	12	10
17	19	13	13	11	11	9
15.5	13	12	12	10	10	8
14	12	11	11	9	9	7
12.5	11	10	10	8	8	6
11	10	9	9	7	7	5
	9	8	8	6	6	4

Note: 18 laps equals 1 mile



## HAND GRIP STRENGTH

	Men	Women
Score out of 20		
20	68	41
19	65	39
18	62	37
17	59	35
16	56	33
15	53	31
14	50	29
13	48	27
12	45	25
11	42	23
10	39	21
9	36	19
8	33	17
7	30	15
6	27	13
5	24	11
4	21	9
3	18	7
2	15	5
1	12	3

Adapted from Grip Strength Table in Discovering Lifetime Fitness,

SIT AND REACH  
SCORES AND DISTANCES (CM)

SCORE (10)	MALE AGE 18-29	MALE AGE 30 & OVER	FEMALE AGE 18-29	FEMALE AGE 30 & OVER
SUPERIOR	50 +	47 +	52 +	49 +
10.0	47-49.9	44-46.9	48-51.9	45-48.9
9.5	43-46.9	40-43.9	44-47.9	41-44.9
9.0	39-42.9	36-39.9	41-43.9	38-40.9
8.5	35-38.9	32-35.9	38-40.9	35-37.9
80%				
8.0	31-34.9	28-31.9	35-37.9	32-34.9
7.5	27-30.9	24-27.9	32-34.9	29-31.9
7.0	25-26.9	22-23.9	29-31.9	26-28.9
6.0	23-24.9	20-21.9	26-28.9	23-25.9
5.0	21-22.9	18-19.9	24-25.9	21-22.9
4.0	19-20.9	16-17.9	22-23.9	19-20.9
3.0	17-18.9	14-15.9	20-21.9	17-18.9
2.0	15-16.9	12-13.9	18-19.9	15-16.9
1.0	13-14.9	10-11.9	16-17.9	13-14.9