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 1992 Previous Date: SEPTEMBER 1991

Instructor: COLLEEN CROWLEY-STROM

APPROVED: <u>|HASLW-'</u> DATE: /?<<(•& / S/K? Kitty DeRosario, Dean School of Human Sciences and Teacher Education itness III nstructor: C. Crowley-Strom

PHILOSOPHY/GOALS

This is a course with three primary goals: One, to focus on the maintenance of physical fitness levels necessary for optimal health and prevention of injury during regular correctional worker tasks and 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 training for all of the components of fitness.
- 2. Critique and modify an exercise program design to achieve optimal personal fitness levels (based on fitness test scores).
- 3. Achieve 50% or more on the formal standardized fitness testing.
- 4. Describe personal weapons, vulnerable areas of the body, principles that aid success in self-defense, escorting techniques, releases, cuffing and searching techniques.
- 5. Demonstrate blocks, defensive foot striking techniques, releases, client escort techniques, falling techniques, stances, and control techniques.
- 6. Meet standards in order to receive a C.P.R. certificate.

TOPICS TO BE COVERED

- Self Defence Blocks
 - Holds
 - Releases
 - Escort Techniques

Fitness Testing Procedures and Optimal Values

Programs for increasing flexibility, muscular strength and endurance, and cardiovascular endurance.

Guidelines for long-term maintenance of fitness levels

Methods of critiquing and modifying exercise program design to achieve optimal personal fitness levels

fC.P.R. program

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LEARNING ACTIVITIES

Self Defense 1.0 Upon successful completion of this unit, the student will be able to demonstrate: Defensive Stance In class demonstration 1.1 1.2 The following Blocks: High Block, Forearm Block(inside & out), Downward Block, Defensive kicks Two kicking techniques: 1.3 Front Snap Kick, Side Snap Kick 1.4 Falling Techniques 1.5 Releases from the following attacks: One-hand grab - a) wrist take-down b) outer reaping throw Two-hand grab-at-throat Headlock from the front Headlock from the back Two-handed shirt grab Technique #1 Technique #2 Technique #3 Knife attack Technique #1 Technique #2 Technique #3 1.6 Vulnerable Points 1.7 Ground Control 1.8 The following escorts: Arm bar Hammer Lock Finger come-along Wrist come-along Technique #1 Technique #2 Self Defence Theory 2.0 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 in self defence 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: Determine personal fitness goals In class lecture and 3.1 $_k3.2$ Design a personal fitness routine that discussion will maintain or improve all components of fitness Assignment I includes Learning activities 3.1, 3.2, 3.3, and 3.4

'3.3	- $ -$	
3.4	their personal program Devise a system of reward to increase	Assignment II includes
	motivation to stick with program	Learning Activities 3.5
3.5	Critique and modify 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: . sit-ups (Muscular Endurance)	
	. grip strength (Muscular Strength)	
	. 12 minute run (Cardiovascular Endurance)	
	. sit and reach (Flexibility)	
5.0	C.P.R.	
	Upon successful completion of this	Cardiopulmonary Resuscita-
5.1	Upon successful completion of this unit, students will be able to: Identify risk factors associated with	Cardiopulmonary Resuscita- tion Basic Rescuer Manual
	unit, students will be able to: Identify risk factors associated with heart disease pg. 5	
5.1 2	unit, students will be able to: Identify risk factors associated with heart disease pg. 5 Describe the anatomy of the circulatory	tion Basic Rescuer Manual
2	unit, students will be able to: Identify risk factors associated with heart disease pg. 5 Describe the anatomy of the circulatory and respiratory systems	tion Basic Rescuer Manual pg. 7,8
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2 5.3 5.4	unit, students will be able to: Identify risk factors associated with heart disease pg. 5 Describe the anatomy of the circulatory and respiratory systems Identify symptoms of coronary artery disease Identify a heart attack and a stroke	tion Basic Rescuer Manual pg. 7,8 pg. 9 pg. 10,11
2 5.3	unit, students will be able to: Identify risk factors associated with heart disease pg. 5 Describe the anatomy of the circulatory and respiratory systems Identify symptoms of coronary artery disease	tion Basic Rescuer Manual pg. 7,8 pg. 9

- 1. Assignments 10% 50% 2. Fitness Test 30%
- 3. Self Defence Techniques
- 4. Self Defence Theory 10% 4. C.P.R. (Must complete Certification to receive a credit in this course)

COLLEGE GRADING POLICY

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90-100% = A+ 80 - 89 = A,70- 79 = B 0 - 69 = CBelow 60= R (Repeat Course) Page 5

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 Llewllyn 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 or prior approval. In cases 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.