

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS AND LIFESTYLE MANAGEMENT III

CODE NO.: REC 215 SEMESTER: THREE

PROGRAM: CORRECTIONAL WORKER

AUTHOR: COLLEEN CROWLEY-STROM

DAT SEPTEMBER 1994 PREVIOUS OUTLINE: SEPTEMBER 1993

NEW: _____ REVISED: _X.

APPROVED: ^ . Qffi//A#A~^^
K. DeRosario, Dean
School of Human Sciences and
Teacher Education

Date Jf ^ '

****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:

This course provides learning experiences related to personal wellness and safety in the fields of Law Enforcement and Corrections. Students will be introduced to self defence theory and performance. Through in-class and self-directed fitness training, students will be expected to maintain or improve fitness levels as measured by several standardized tests of fitness.

STUDENT LEARNING OUTCOMES:

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

1. Design a safe and effective personal fitness program which will improve or maintain each of the five components of health-related fitness.
2. Demonstrate knowledge and skills in a variety of fitness training techniques.
3. Describe exercise alternatives for those with special needs, such as aging, obese, and unfit participants, and those with osteoarthritis, osteoporosis, lower back injuries, and other physical limitations.
4. Demonstrate knowledge and skills related to the prevention of lower back injuries.
5. Explain the causes of adult obesity and describe practical techniques to prevent the the accumulation of excess body fat.
6. Describe the concept of body image and explain why our preoccupation with weight can be detrimental to one's personal well being.
7. Demonstrate knowledge and skills related to the effective management of stress.
8. Demonstrate knowledge of self defence theory and effective performance of self defence skills in simulated in-class situations.
9. Achieve at least a 55% health-related tests of fitness.

TOPICS TO BE COVERED:

1. Personal Fitness Program Design
2. Training Methods and Exercise Prescription
3. Health Issues Pertinent to the Law Enforcement Field
4. Self Defence Theory and Performance

LEARNING ACTIVITIES:**RESOURCES/MATERIALS:****1.0 Personal Fitness Program Design**

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

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| 1.1 describe personal fitness goals in specific and measurable terms | group discussion |
| 1.2 describe effective motivational techniques to help make fitness a lifelong pursuit | group discussion |
| 1.3 describe methods to improve or maintain each of the five components of fitness | group discussion |
| 1.4 apply principles of training including adaptation, rest, progressive overload, and specificity to his/her personal fitness program | group discussion |
| 1.5 participate in fitness testing and modify his/her program in response to results in the following fitness tests: timed curl-ups, timed push-ups, sit and reach, max. lifts, and 1.5 mile run | mandatory in-class fitness testing |

2.0 Training Methods and Exercise Prescription

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

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| 2.1 demonstrate knowledge and skills in a variety of cardiovascular endurance training methods by participating in the following: running/brisk walking, stationary rowing, stepping, and cycling (lower and upper body ergometers), step aerobics, and cardio. circuit training | hands-on participation |
| 2.2 demonstrate knowledge and skills in a variety of exercises for increasing muscular strength, muscular endurance, and flexibility by participating regularly in weight training, circuit training, calisthenics, and passive stretching | hands-on participation |

LEARNING ACTIVITIES:**RESOURCES/MATERIALS:**

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|--|------------------------|
| 2 J demonstrate knowledge of exercise alternatives for those with specific needs/conditions, such as aging, obese, and unfit exercisers and those with osteoarthritis, osteoporosis, and lower back injuries | lecture and discussion |
| 2.4 explain how cross-training helps to avoid overuse injuries and increase motivation | lecture and discussion |
| 2.5 demonstrate knowledge and skills in effective warm-up and cool-down activities before and after all fitness/recreational activities | hands-on participation |

3.0 Health-related Issues Pertinent to the Law Enforcement Field

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

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|--|--|
| 3.1 demonstrate knowledge and skills related to the prevention of lower back injuries | hand-outs and hands-on participation |
| 3.2 explain the causes of adult obesity | lecture and discussion |
| 3.3 describe effective strategies to prevent the accumulation of excess body fat | lecture, discussion
video |
| 3.4 describe the concept of body image and explain its importance to personal well being | hand-outs and discussion |
| 3.5 demonstrate knowledge and skills related to the effective management of stress | hand-outs, discussion,
and hands-on participation |

4.0 Self Defence Theory and Performance

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

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| 4.1 knowledge of the principles that aid self-defence | hand-out |
| 4.2 knowledge of the vulnerable areas of the body | hand-out |
| 4.3 knowledge of personal weapons | hand-out |
| 4.4 natural and defensive stances | 4.4 to 4.11 hands-on |
| 4.5 blocks: 1. high
2. forearm inward
3. forearm outward
4. downward | participation |
| 4.6 defence against kicking attacks: 1. kick defence with foot
2. "X" block | |

LEARNING ACTIVITIES:

RESOURCES/MATERIALS:

- 4.7 releases from choke holds: 1. front strangle attack
 2. rear strangle attack
 3. rear strangle arm encircles throat
 4. headlock from the back
 5. headlock from the front
- 4.8 striking techniques: 1. jab
 2. reverse jab (combination)
 3. front snap kick
 4. side kick
 5. palm heel
- 4.9 defence against weapon attacks: 1. overhead attack
 2. gun or knife in the back
- 4.10 escort techniques: 1. finger come along
 2. arm bar
 3. hammer lock and bar
 4. wrist come along
- # 4.11 control techniques: prone position control
 passive hand cuffing technique

EVALUATION METHODS:

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| 1. Fitness Program Design Assignment | 5% |
| 2. Exercise Alternatives Assignment | 5% |
| 3. Written Test on Health Related-issues | 10% |
| 4. Self Defence Performance Test # 1 | 15% |
| 5. Self Defence Performance Test # 2 | 15% |
| 6. Fitness Testing | 50% |

- | | |
|--------------------------------------|------------|
| Fitness Testing Format: 1.5 mile run | 20% |
| Timed Curl-ups | 5% |
| Sit and Reach | 5% |
| Push-ups | 5% |
| 3 mile run | 5% |
| Strength Tests | <u>10%</u> |
| | 50% |

COLLEGE GRADING POLICY:

90 - 100% = A+

80 - 89% = A

70 - 79% = **B**

60 - 69% = C

Below 60 = R (Repeat Course)

RECOMMENDED STUDENT RESOURCES:

"Fitness For Wellness" 3rd edition, by Frank Rosato

NOTE: TESTING POLICY**INSTRUCTOR'S EXTENSION:**

The School of Human Sciences and Teacher Education testing policies apply to fitness tests as well as written tests. Under exceptional circumstances such as illness, when supported by a doctor's certificate, and at the discretion of the professor, arrangements may be made to make up a missed test or use previous test results. You must provide your instructor with advance notice, in writing, if you need to miss a test. In the event of an emergency on the day of a test you must call your instructor to explain your absence. Immediately upon your return to the college, you must make arrangements with your instructor to make-up the missed test, prior to the next scheduled class.

Failure to comply with this policy will result in a zero grade for the missed test

NOTE: LATE ASSIGNMENTS

For each day that an assignment is late, ten percent will be deducted. Assignments will not be accepted after seven days beyond the due date.

SPECIAL NEEDS NOTES

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

Individuals with permanent physical disabilities can be tested with alternative fitness tests when possible. Identification of these needs must occur as early as possible. A current medical document must accompany the request for alternative testing procedures.

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

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