

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

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SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS II

CODE NO.: REC 115 SEMESTER: TWO

PROGRAM: CORRECTIONAL WORKER

AUTHOR: COLLEEN CROWLEY-STROM

DATE: JANUARY 1993 PREVIOUS OUTLINE DATED: JANUARY 1992

NEW: REVISIED: X

APPROVED: DEAN

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FITNESS II

REC 115

C. Crowley-Strom

COURSE DESCRIPTION

Students participating in this course will enhance their knowledge of fitness and develop their individual fitness levels. Through regular participation in physically demanding workouts and various sports they will gradually improve their level of fitness. Specific rules and skills essential to participation in various lifelong sports will be covered.

PERFORMANCE OBJECTIVES

After completing this course, students will be able to:

1. Identify and apply physiological principles related to the development and maintenance of personal fitness.
2. Maintain a record of participation and progress in fitness activities including running, sit-ups, and push-ups.
3. Improve fitness levels as measured according to the Canadian Standardized Fitness Test guidelines.
4. Improve muscular strength as assessed through maximum lift tests in the following exercises: bench press, leg press, shoulder press, seated row, and lat pulldown.
5. Participate in and demonstrate cross-country skiing skills.
6. Participate in and demonstrate various sport skills including: badminton, floor hockey, volleyball, and several winter sports.

FORMAT

Two 1 1/2 hour classes per week in the gym.

Each class contains:

- Warm-up
- Cardiovascular training
- Muscular endurance and/or Muscular strength training
- Flexibility training
- Sport participation

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Students are required to record the following information on wall charts at the duration of each class.

Cardiovascular training: length of training period

Muscular endurance: number of sit-ups and push-ups

EVALUATION

Daily Sport Participation	1 point per day of active play	25 points
Fitness Participation Record	Record on wall charts	25 points
Muscular Strength Tests (4 Maximum Lifts)	2 points per exercise on which improvement occurs	10 points
Fitness Test	1 point for every percent score on fitness test	100 points
# Fitness Maintenance	Awarded for maintaining or improving on previous fitness test score	4 points
Fitness Improvement	1 point for every additional 1/2 lap ran 1 point for every 2 additional sit-ups completed 1 point for every 2 additional cm reached	20 points
Intramural Sport Participation	2 points per league or tournament (Sault College events only)	6 points

GRADING POLICY

170 - 190 = A+
150 - 169 = A
135 - 149 = B
120 - 134 = C
< 120 = R (REPEAT)

ECIAL NEEDS NOTE

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

Individuals with permanent physical disabilities can be tested for physical fitness with alternate fitness tests. Identification of these needs must occur as early as possible.

Depending on the circumstances of the disability, the instructor will determine if a medical document must accompany the request for alternate testing.