

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: WELLNESS AND PERSONAL SAFETY

CODE NO.: CJS 327 SEMESTER: THREE

PROGRAM: CORRECTIONAL WORKER

INSTRUCTOR: COLLEEN CROWLEY-STROM

DATE: SEPTEMBER 1995 PREVIOUS OUTLINE: SEPTEMBER 1994

NEW: _____

REVISED: X

APPROVED:

K. DeRosario
 K. DeRosario, Dean
 School of Human Sciences and
 Teacher Education

Date

June 28/95

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

Wellness and Personal Safety
Instructor: C. Crowley-Strom

REC 215

COURSE DESCRIPTION:

This course provides learning experiences related to personal safety, physical fitness and wellness. Several topics will be explored including self defence theory, lower back care, disease prevention, stress management, healthy body image, and exercise alternatives for special populations. Through in-class fitness and self-defence training, as well as self-directed practice, students are expected to improve their level of fitness and their ability to perform self-defence techniques.

STUDENT LEARNING OUTCOMES:

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

1. Describe the trends in society which have over time made self-defence training an important life skill
2. Describe the ethical issues related to the use of self defence techniques
3. Explain why continual learning and practice of self-defence techniques is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills
4. Describe the underlying principles and guidelines related to learning and using self defence techniques
5. Demonstrate effective performance of self defence skills in simulated in-class situations
6. Explain how self-image, attitudes, and behaviour relate to personal safety
7. Explain the relationship of body image to personal wellbeing and describe the forces in society and personal factors which determine one's body image
8. Demonstrate knowledge and skills related to the prevention and management of common muscle and joint injuries
9. Describe and apply knowledge and skills related to stress management and disease prevention
10. Demonstrate knowledge and skills in a variety of fitness training techniques which contribute to lifelong maintenance of fitness

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STUDENT LEARNING OUTCOMES cont'd

11. Describe exercise alternatives for those with special needs, such as aging, obese, and unfit participants, and those living with chronic disease

TOPICS TO BE COVERED:

1. Training Methods and Exercise Prescription
2. Health Issues Related to Personal Safety
3. Self Defence Theory
4. Self Defence Techniques

LEARNING ACTIVITIES:

RESOURCES:

1.0 Training Methods and Exercise Prescription

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

- 1.1 demonstrate knowledge and skills in a variety of cardiovascular endurance training methods, eg. stepping, cycling, running, ...
- 1.2 demonstrate knowledge and skills in a variety of muscular strength, muscular endurance, and flexibility training methods which enhance one's ability to perform self-defence techniques effectively
- 1.3 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
- 1.4 explain how cross-training helps to avoid overuse injuries and increase motivation
- 1.5 demonstrate skills in effective warm-up and cool-down activities before and after all fitness/recreational activities

LEARNING ACTIVITIES:**RESOURCES:****2.0 Health-related Issues**

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

- 2.1 describe the concept of body image and explain its importance to personal wellbeing
- 2.2 demonstrate knowledge and skills related to the prevention of lower back injuries and other common muscle and joint injuries
- 2.3 Describe lifestyle behaviours that relate to the prevention and management of various chronic diseases and conditions such as cancer, osteoarthritis, osteoporosis, ...
- 2.4 Describe lifestyle practices that relate to the prevention of sexually transmitted diseases
- 2.5 demonstrate knowledge and skills related to the effective management of stress

3.0 Self Defence Theory

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

- 3.1 Describe the trends in society which have over time made self-defence training an important life skill
- 3.2 Describe the ethical issues related to the use of self-defence techniques
- 3.3 Explain why continual learning and practice of self-defence techniques is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills
- 3.4 Describe the underlying principles and guidelines related to learning and using self defence techniques
- 3.5 Explain how self-image, attitudes, and behaviour relate to personal safety
- 3.6 Explain the concept of "safe distance"
- 3.7 Identify the vulnerable areas of the body
- 3.8 Identify the parts of the body that can be used as personal weapons

Wellness and Personal Safety**4.0 Self Defence Techniques**

Upon successful completion of this unit the student should be able to demonstrate the following self defence skills:

- 4.1 natural and defensive stances 4.1 to 4.8 hands-c
4.2 blocks: 1. high participation
2. outward
3. downward
- 4.3 defence against kicking attacks: 1. kick defence with foot
2. leg trap with hands
- 4.4 releases from choke holds: 1. front choke
2. wrist take down - one hand shirt grab
3. rear choke with hands
4. rear choke with arm (headlock)
- 4.5 striking techniques: 1. jab
2. reverse jab (combination)
3. front snap kick
4. side kick
- 4.6 defence against weapon attacks: 1. overhead attack
2. thrusting attack
3. slashing attack
- 4.7 escort techniques: 1. finger come along
2. arm bar
3. wrist lock to hammer lock
4. wrist come along and elbow break
- 4.8 control techniques: prone position to hand-cuffing

EVALUATION METHODS:

- | | |
|-----------------------------------|-----|
| 1. Written Tests and Assignments | 35% |
| 2. Fitness Performance Tests | 30% |
| 3. Self Defence Performance Tests | 35% |

COLLEGE GRADING POLICY:

90 - 100% = A+

80 - 89% = A

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REQUIRED STUDENT RESOURCES:

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

Cassette Tape: "Letting Go of Stress, Effective Techniques for Stress Reduction and Relaxation", by Greenberg

NOTE: TESTING POLICY

INSTRUCTOR'S EXTENSION: _____

If you miss a **written test** or a **fitness test** without a physician's document you will get a mark of zero. 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.

NOTE: SPECIAL NEEDS

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.

