

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS AND LIFESTYLE MANAGEMENT

CODE NO.: CJS 106 SEMESTER: ONE

PROGRAM: LAW and SECURITY ADMINISTRATION

INSTRUCTOR: ANNA MORRISON

DATE: SEPTEMBER 1995 PREVIOUS OUTLINE: JANUARY 1995

NEW: _____ REVISED: X

APPROVED:

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

Date

Aug 11/95

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

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I. PHILOSOPHY/GOALS

This course deal with the pursuit of wellness with a focus on physical fitness. Topics include: positive lifestyle choices, self-managenet techniques, exercise prescription, weight training methods, and body fat management. Students are introduced to a variety of fitness activities known to maximize health benefits while providing lifelong appeal. Through participation in hands-on learning experiences, students gain the knowledge and skills necessary to make positive lifestyle changes. If students choose to incorporate their knowledge and skills into daily living, they will see an overall increase in personal fitness and wellness.

II. STUDENT LEARNING OUTCOMES

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

1. describe the historical and contemporary issues related to the concepts of health and wellness.
2. identify the many dimensions of wellness and outline behavioural choices which contribute to a healthy lifestyle.
3. demonstrate knowledge and skills in developing self-management strategies which contribute to one's ongoing ability to make positive lifestyle choices.
4. describe the development of the fitness movements and identify how it impacts both our leisure and our work lives.
5. describe the five components of health-related fitness and explain how each relates to personal wellness.
6. outline the exercise requirements necessary to improve each of the five components of fitness and describe the important considerations for lifelong maintenance of fitness.
7. demonstrate knowledge and skills in a variety of fitness training techniques, fitness evaluation methods, and safe exercise practices which will contribute to one's ongoing pursuit of fitness and high level wellness.
8. evaluate the effectiveness of various fat-management techniques and differentiate between those which are health-enhancing and those which are health-diminishing.
9. explain how society's views on health, fitness and body weight reflect both our values and prejudices and describe how these widely accepted views affect us as individuals.
10. demonstrate knowledge of potential wellness trends and challenges for the future.

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III. TOPICS TO BE COVERED

1. A Wellness Way of Life
2. Introduction to Fitness
3. Fitness Assessment
4. Training Methods and Safe Exercise Practices for Each Component of Fitness
5. Body Composition and Body Fat Management
6. Wellness Trends and Challenges for the Future

IV. LEARNING ACTIVITIES

1.0 A Wellness Way of Life

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

- 1.1 contrast the past definition of health with the contemporary concept of wellness.
- 1.2 explore the validity of the statement, "health is a matter of choice".
- 1.3 describe how the major causes of death and disease have changed over time.
- 1.4 describe how over reliance on our health care system impacts us as individuals and as a society.
- 1.5 identify the many dimensions of wellness and outline behavioural choices which contribute to a healthy lifestyle.
- 1.6 demonstrate skills in developing self-management strategies which contribute to one's ongoing ability to make positive lifestyle choices.

2.0 Introduction to Fitness

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

- 2.1 describe the development of the fitness movement and identify how it impacts our leisure and work lives.
- 2.2 define health-related and performance-related fitness.
- 2.3 define each of the five components of health-related fitness.
- 2.4 describe the F.I.T.T. Formula of exercise prescription which outlines the minimum exercise requirements necessary to improve each of the five components of fitness.
- 2.5 explain the following principles of training: progressive overload, rest, maintenance, and specificity
- 2.6 identify the many long-term health benefits of regular physical activity.

3.0 Fitness Assessment

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

- 3.1 describe fitness assessment methods for each of the five components of health-related fitness.
- 3.2 demonstrate skills in the area of fitness assessment by administering various fitness testing procedures on one's peers.
- 3.3 evaluate fitness assessment results and make appropriate training recommendations.
- 3.4 respond to muscular strength test (Maximum Lifts) results by designing and following a personal weight training program to improve or maintain strength.

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4.0 Training Methods and Safe Exercise for Each Component of Fitness

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

- 4.1 explain the importance of a proper warm-up and proper cool-down.
- 4.2 demonstrate a proper warm-up and a proper cool-down.
- 4.3 identify many common unsafe exercises and the safer alternatives for each of them.

Cardiovascular Endurance

- 4.4 identify examples of aerobic activities which have the potential to increase cardiovascular endurance.

Muscular Strength and Endurance

- 4.5 describe the many ways that muscular strength and muscular endurance training increase personal wellness.
- 4.6 identify several important safety tips for weight training/
- 4.7 describe how to establish an ideal training weight for a beginner and for an experienced weight trainer.
- 4.8 identify weight training exercises for the major muscle groups.
- 4.9 describe and demonstrate the concentric and eccentric phases of dynamic muscular contractions.
- 4.10 disprove common fallacies related to weight training.
- 4.11 explain how gender differences relate to weight training.
- 4.12 outline training considerations related to program design.
- 4.13 design and follow a personal weight training program to achieve improvement or maintenance of muscular strength.

Flexibility Training

- 4.14 describe how flexibility training contributes to personal wellness.
- 4.15 describe the factors which limit flexibility.
- 4.16 compare the effects of static (passive) and dynamic (ballistic) stretching techniques.
- 4.17 demonstrate Proprioceptive Neuromuscular Facilitation (PNF) stretching techniques.
- 4.18 demonstrate safe and effective exercises which enhance flexibility.

5.0 Body Composition and Body Fat Management

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

- 5.1 describe the relationship between body composition and personal wellness.
- 5.2 explain the concept of weight preoccupation and describe how this trend negatively impacts us.
- 5.3 explain how exercise influences body composition and contributes greatly to body fat management.
- 5.4 compare the effectiveness of exercise combined with healthy eating, versus dieting, as weight loss strategies.
- 5.5 describe the guidelines which promote healthy weight gain for those who are underweight.
- 5.6 identify activities which have the potential to improve body composition through fat reduction and/or muscle gain.
- 5.7 identify and disprove several myths related to weight loss.

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6.0 Wellness Trends and Challenges for the Future

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

- 6.1 demonstrate knowledge of future trends in fitness/wellness and explain their impact on individuals and society.

V. METHODS OF EVALUATION

Written Test #1	15%
Written Test #2	20%
Written Test #3	20%
Mini Quizzes	15%
Fitness Assessment Assignment	10%
Maximum Lift Assignment	10%
Muscular Strength Performance	10%
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	100%

Students will also have the option of writing a final exam covering material from the entire course. Those students who achieve a B grade (70%) or greater using the above evaluation methods are not required to write the final exam. For those who choose to write the final, the above evaluation methods will make up 70% of the final mark and the final exam will have a value of 30%.

NOTE: Testing Policy

If you miss a written test or a fitness test you must call your instructor on the scheduled test day and explain your absence. Only medical emergencies and extreme circumstances will be accepted as valid excuses for missing a test. Official supporting documentation, such as a physician's certificate, may be required as confirmation of your illness. 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.

COLLEGE GRADING POLICY

90-100 = A+
80-89 = A
70-79 = B
60-69 = C
Less than 60 = R Repeat Course

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VI. REQUIRED STUDENT RESOURCES

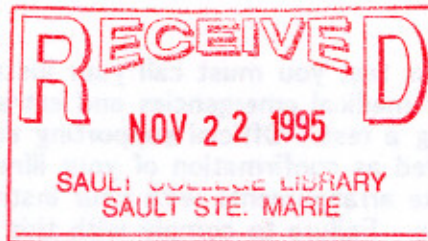
"A Wellness Way of Life", Second Edition by Robbins, Powers, and Burgess

VII. 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.



COLLEGE GRADING POLICY

- A+ = 97-100
- A = 90-96
- B = 80-89
- C = 70-79