

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS AND WELLNESS

CODE NO: CJS 106

SEMESTER: I

**PROGRAM: Law and Security Administration, Correctional Worker and
General Arts and Science**

AUTHOR: Anna Morrison

DATE: June 1996

PREVIOUS OUTLINE DATED: January 1996

APPROVED: *H. DeRosario*
DEAN

June 20/96
DATE

TOTAL CREDITS: 3

PREREQUISITE(S): none

LENGTH OF COURSE: for 17 weeks

1 hour in class, 2 hours in gym

TOTAL CREDIT HOURS: 48 hours

I. COURSE DESCRIPTION:

This course deals with the pursuit of wellness with a focus on physical fitness. Topics include: positive lifestyle choices, self-management 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. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

(Generic Skills Learning Outcomes placement on the course outline will be determined and communicated at a later date. In general, this course addresses generic outcomes in communication, interpersonal skills and analytical skills.)

A: LEARNING OUTCOMES

- 1) **Demonstrate an understanding of the concept of wellness**
- 2) **Demonstrate knowledge and skills related to the fitness dimension of wellness**
- 3) **Demonstrate knowledge and skills related the development of strength and flexibility**
- 4) **Identify, administer, evaluate and interpret results for fitness tests for four components of health related fitness.**
- 5) **Evaluate the effectiveness of various fat-management techniques and differentiate between those which are health-enhancing and those which are health-diminishing**
- 6) **Understand how one can enhance wellness for a lifetime**

B. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

Upon successful completion of this course the student will demonstrate the ability to:

- 1) **Demonstate an understanding of the concept of wellness**

Potential Elements of the Performance:

- Describe the historical and contemporary issues related to the concepts of health and wellness.
- Contrast the past definition of health with the contemporary concept of wellness

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE (Continued)

- Explore the validity of the statement, "health is a matter of choice"
- Describe how the major causes of death and disease have changed over time
- Describe how over reliance on our health care system impacts us as individuals and as a society
- Identify the six dimensions of wellness and outline behavioural choices which contribute to a healthy lifestyle
- Demonstrate skills in developing self-management strategies which contribute to one's ongoing ability to make positive lifestyle choices

2) Demonstrate knowledge and skills related to the fitness dimension of wellness

Potential Elements of the Performance:

- Describe the development of the fitness movement and identify how it impacts our leisure and work lives
- Define health-related and performance-related fitness
- Identify each of the five components of health-related fitness
- 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
- Identify examples of aerobic activities which have the potential to increase cardiovascular endurance
- Calculate training heart rate using predicted maximum heart rate, Karvonen formula and Perceived Exertion scale.
- Explain the following principles of training: progressive overload, rest, maintenance, and specificity
- Identify the many long-term health benefits of regular physical activity

3) Demonstrate knowledge and skills related the development of strength and flexibility

Potential Elements of the Performance:

- Describe the many ways that muscular strength and muscular endurance training increase personal wellness
- Identify several important safety tips for weight training
- Describe how to establish an ideal training weight for a beginner and for an experienced weight trainer
- Identify weight training exercises for the major muscle groups

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE (Continued)

- Describe and demonstrate the concentric and eccentric phases of dynamic muscular contractions
- Disprove common fallacies related to weight training
- Explain how gender differences relate to weight training
- Outline training considerations related to program design
- Design and follow a personal weight training program to achieve improvement or maintenance of muscular strength
- Describe how flexibility training contributes to personal wellness
- Describe the factors which limit flexibility
- Compare the effects of static (passive) and dynamic (ballistic) stretching techniques
- Demonstrate Proprioceptive Neuromuscular Facilitation (PNF) stretching techniques
- Demonstrate safe and effective exercises which enhance flexibility
- Explain the importance of a proper warm-up and proper cool-down
- Demonstrate a proper warm-up and a cool-down
- Identify many common unsafe exercises and the safer alternatives for each of them

4 Identify, administer, evaluate and interpret results for fitness tests for four components of health related fitness.

Potential Elements of the Performance:

- Describe fitness assessment methods for each of the five components of health-related fitness
- Demonstrate skills in the area of fitness assessment by administering various fitness testing procedures on one's peers
- Evaluate fitness assessment results and make appropriate training recommendations
- Respond to muscular strength test (Maximum Lifts) results by designing and following a personal weight training program to improve or maintain strength

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE
(Continued)**

5) Evaluate the effectiveness of various fat-management techniques and differentiate between those which are health-enhancing and those which are health-diminishing

Potential Elements of the Performance:

- Describe the relationship between body composition and personal wellness
- Explain the concept of weight preoccupation and describe how this trend negatively impacts us
- Explain how exercise influences body composition and contributes greatly to body fat management
- Compare the effectiveness of exercise combined with healthy eating versus dieting as weight loss strategies
- Describe the guidelines which promote healthy weight gain for those who are underweight
- Identify activities which have the potential to improve body composition through fat reduction and/or muscle gain
- Identify and disprove several myths related to weight loss

6) Understand how one can enhance wellness for a lifetime

Potential Elements of the Performance:

- Define quackery, and list five common characteristics of quackery.
- Discriminate between a credible health product/discovery and a bogus or flimsy finding/promotion.
- List six environmental concerns that may affect our wellness.
- List three predictable trends, and describe how they will affect wellness in the future.
- List and describe two future challenges we face in regard to wellness.

III. TOPICS:

- 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. REQUIRED RESOURCES/TEXTS/MATERIALS:

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

V. EVALUATION PROCESS/GRADING SYSTEM

Written Test #1

Written Test #2

Written Test #3

Written Test #4

Students will write four tests. The three best marks recieved will be averaged to obtain a total test mark..

Total test mark 75%

Fitness Assessment Assignment

10%

Maximum Lift Assignment

10%

Muscular Strength Test

5%

25%+ Total test mark =100%

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.

Instructors Ext: _____ College Number: 759-2445 Office Number: _____

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. Assignments must be given directly to the instructor in class. The instructor can not be held responsible for tests that are handed in at mail boxes or under doors.

COLLEGE GRADING POLICY:

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

VI. SPECIAL NOTES:

- **Special Needs**
If you are a student with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office, Room E1204, Ext. 493, 717, 491 so that support services can be arranged for you.
- **Retention of Course Outlines**
It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.
- **Rewrites of tests and exams are not allowed in this course.**

VII. PRIOR LEARNING ASSESSMENT

Students who wish to apply for advanced credit in the course should consult the instructor. Credit for prior learning will be given upon successful completion of the following:

- Written test covering all of the learning outcomes
- Completion of weight training assignments
- An exercise portfolio
- Completion of a STFA assessment of personal fitness

OR

- Completion of Ontario Police College Recruit Training(or similar training)
- Written test covering all of the learning outcomes

VIII. GENERAL EDUCATION

This course meets the General Education requirement for personal growth and development and has been approved by the general education committee at Sault College.