

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE MARIE, ON



COURSE OUTLINE

Course Title: Fitness and Lifestyle Management

Code No.: CJS 106

Semester: I

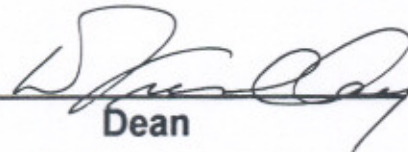
Program: CORRECTIONAL WORKER

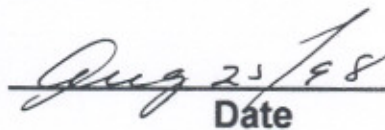
Author: Colleen Crowley-Strom

Date: Sept, 1998

Previous Outline Date: May, 1997

Approved:

  
Dean

  
Date

Total Credits: 3

Prerequisite(s): None

Co-requisite: None

Length of Course: 2 hrs per week

Total Credit Hours: 30

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written permission of The Sault College of Applied Arts & Technology is prohibited.  
For additional information, please contact Colleen Crowley-Strom, Correctional Worker Program,  
(705) 759-2554, Ext. 547.

**I. COURSE DESCRIPTION:**

This course deals with the pursuit of wellness with a focus on physical fitness. Topics include: positive lifestyle choices, self-management and behaviour change techniques, exercise prescription, fitness 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:**

In general, this course addresses generic outcomes in: communication (1,2,7,13), interpersonal skills (5), analytical skills (12), outcome (10,11) and analysis (8).

**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 to the development of muscular strength, endurance, and flexibility**
- 4) **Identify, administer, evaluate, and interpret results of fitness tests for the five components of 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) **Describe the important issues to consider when making the pursuit of wellness a lifetime endeavour**

**B. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE**

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

- 1) **Demonstrate 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
- explore the validity of the statement "health is a matter of choice"
- describe how over reliance on our health care system impacts us as individuals and as a society
- identify seven dimensions of wellness and behaviour choices which enhance each of them
- describe and demonstrate self-management strategies which allow one to adopt healthy lifestyle behaviours

## **II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE (cont'd)**

### **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 explain how it impacts our leisure and work lives
- differentiate between health-related and performance-related fitness
- define each of the five components of health-related fitness
- outline the minimum exercise requirements necessary to improve each component of fitness applying the "FITT Formula" of exercise prescription
- explain the importance of a warm-up and cool-down and describe the critical elements of both
- identify examples of aerobic activities which have the potential to increase cardiorespiratory endurance
- determine appropriate exercise intensities using the Karvonen formula and "Borg's Rate of Perceived Exertion" scale
- explain the following principles of training: progressive overload, rest, and specificity
- identify the many health benefits of regular physical activity

### **3) Demonstrate knowledge and skills related to the development of muscular strength, endurance and flexibility**

Potential Elements of the Performance:

- describe the many ways that muscular strength and muscular endurance training enhance wellness
- identify and apply several important safe exercise practices when 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
- describe and demonstrate the concentric and eccentric phases of dynamic muscular contractions
- identify common fallacies related to weight training
- design and follow a weight training program to achieve improvement or maintenance of muscular strength and/or endurance
- describe how flexibility training enhances wellness
- describe the factors which limit flexibility
- compare the effects of static (passive) and dynamic (ballistic) stretching techniques
- demonstrate safe and effective exercises which enhance flexibility
- identify some common unsafe exercises and their safer alternatives

**4) Identify, administer, evaluate and interpret results of fitness tests for the five components of health-related fitness**

Potential Elements of the Performance

- describe fitness assessment methods for each of the five components of health-related fitness
- perform various fitness assessment procedures on a classmate
- evaluate fitness assessment results and make appropriate training recommendations

**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 wellness
- explain the concept of weight and body size 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 alone, as weight/fat loss strategies
- describe strategies 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 several myths related to fat management

**6) Describe the important issues to consider when making the pursuit of wellness a lifetime endeavour**

Potential Elements of the Performance:

- define quackery and identify the common characteristics of quackery
- discriminate between a credible health product/discovery and a bogus or flimsy finding
- give examples of wellness programs that can be offered in the workplace
- describe ways to foster wellness habits in children
- describe several precautions to enhance personal safety
- describe trends which will affect our wellness in the future
- describe future challenges related to wellness
- list environmental concerns that may impact our 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”, Third Edition by Robbins, Powers and Burgess

**V. EVALUATION PROCESS/GRADING SYSTEM**

Written Test #1	25%
Written Test #2	25%
Behaviour Management Assignment	20%
Fitness Program Design Assignment	20%
Fitness Assessment Assignment	10%
Total	<hr/> 100%

**Note: Missed Tests and Late Assignments**

If you miss a written test you must call your instructor on the scheduled test day to explain your absence. Only medical emergencies and extreme circumstances will warrant the opportunity to write the missed test at a later date. Official supporting documentation, such as a physician's certificate, may be required as confirmation of your illness. Make appropriate arrangements with your instructor as soon as you resume attendance at Sault College. Failure to comply with this policy will result in a zero grade for the missed test.

For each day that an assignment is late, ten percent of the total grade will be deducted. Assignments will not be accepted after seven days beyond the due date. Late assignments should be presented to your instructor in her office.

**Instructor's Phone #: 759-2554 Ext. 547**

**Instructor's Office #: E3215**

**College Grading Policy:**

90% to 100% = A+

80% to 89% = A

70% to 79% = B

60% to 69% = C

Less than 60% = R (repeat the 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 accommodations with the instructor and /or contact the Special Needs Office, Room E1204, Ext. 493, 717, or 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.

**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 the six learning outcomes identified for this course
- completion of the Behaviour Management assignment and the Fitness Program Design assignment
- Completion of the Canadian Standard Test for Fitness Assessment (STFA)

**VIII. GENERAL EDUCATION**

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