

I. COURSE DESCRIPTION:

This course introduces the student to the concept of wellness and provides practical strategies for developing a healthy lifestyle. Topics include; positive lifestyle choices, self-management and behaviour change techniques, exercise prescription, fitness training methods, body fat management, and basic nutrition. 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 wellness and fitness, as well as improved performance on law enforcement specific fitness tests.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

This course addresses generic outcomes in: communication (I), interpersonal skills (5), analysis (12), and accountability (10,11).

This course addresses the following Police Foundations Vocational Outcomes:

1) Act in a manner consistent with aU relevant law and legislation, and professional, organizational and ethical standards; 8) Make sound decisions based on an evaluation of situations; 9) Cope with stress and optimize fitness and wellness

A. LEARNING OUTCOMES:

- 1) **Demonstrate an understanding of the concepts of wellness and self-responsibility**
- 2) **Apply behaviour management strategies to enhance personal wellness, improve job performance, and ultimately Increase career opportunities**
- 3) **Demonstrate knowledge and skills related to the development of physical fitness**
- 4) **Design, monitor, and adapt a personal fitness program that addresses the achievement of employment standards**
- 5) **Demonstrate an appropriate fitness level in accordance with Ontario Police Standards**
- 6) **Describe the essential elements of sound nutrition**

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 concepts of wellness and self-responsibility .'**

Potential Elements of the Performance:

- **contrast the past definition of health with the contemporary concept of wellness**
- **explore the validity of the statement "health is a matter of choice"**
- **identify seven dimensions of wellness and behaviours which enhance each of them**
- **complete lifestyle inventories and self-examination exercises to gather information on one's level of wellness**
- **identify societal norms which promote *'unwelbess''**

n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE (cont'd)

2) Apply behaviour management strategies to enhance personal wellness, improve job performance, and ultimately increase career opportunities

Potential Elements of the Performance;

- list the nine processes of behaviour change and give examples of each
- identify five stages of change that occur in the process of permanently changing a behaviour
- demonstrate skills in developing appropriate short and longterm goals
- complete a behaviour change contract/plan based on goals identified through self-evaluation
- identify time management techniques which aid in the achievement of goals

3) Demonstrate knowledge and skills related to the development of physical fitness

Potential Elements of the Performance:

- 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

- 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

3) Demonstrate knowledge and skills related to the development of physical fitness

(Continued)

Potential Elements of the Performance:

- 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

- 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**

4) Design, monitor, and adapt a personal fitness program that addresses the achievement of employment standards and lifetime maintenance of fitness

Potential Elements of the Performance

- **apply the above knowledge and skills related to the development of physical fitness and design an effective personal fitness program which includes:**
 - appropriate warm-up and cool-down activities**
 - application of the F.L.T.T. formula of exercise prescription for each component of fitness (i.e. frequency, intensity, time and type)**
 - training for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition improvement**
- **apply the principle of progressive overload, specificity and rest to ensure that one's fitness program enables the student to achieve the identified employment standards**
- **complete several fitness tests and alter one's fitness program [^]appropriately in response to fitness assessment results**
- **describe alternative exercise practices to ensure lifetime fitness participation**

5) Demonstrate an appropriate fitness level in accordance with Ontario Police Standards

Potential Elements of the Performance:

- demonstrate the PREP at 210 seconds with the Push Pull at the minimum 60 pounds
- demonstrate the PREP Shuttle Run with a minimum development of 5
- demonstrate the PARE at 5:30 minutes with the Push Pull machine at the minimum of 60 pounds
- demonstrate the OPC component tests (push-ups, curl-ups, sit and reach, 1.5 mile run) at 60% of OPC standards

NOTE: All Police Foundations students must achieve the **above fitness standards** in order to receive a passing grade for this course.

6) Describe the essential elements of sound nutrition

Potential Elements of the Performance:

- describe three ways dietary habits of North Americans have changed in the past 75 years and explain how these changes have affected our nutritional wellness
- identify the percentage of calories recommended in the diet for carbohydrates, proteins, and fats
- list the seven dietary guidelines for North Americans
- list the six major nutrients and describe their main function in the body
- identify the health benefits of soluble and insoluble fiber and list good sources of each
- differentiate between complex and simple carbohydrates
- identify the recommended limit of daily cholesterol consumption and list foods high in cholesterol
- list examples of saturated, monounsaturated and polyunsaturated fats and explain their relationship to coronary heart disease
- identify the recommended number of daily servings from the food groups in the Canada Food Guide
- give examples of small changes that can be incorporated into daily food selections and preparations that could make a significant change in one's nutritional wellness

HL TOPICS:

- 1) A Wellness Way of Life
- 2) Behaviour Management
- 3) Introduction to Fitness
- 4) Exercise Prescription and Program Design
- 5) Fitness Assessment
- 6) Introduction to Nutrition

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	100%

Note: All Police Foundations Students must achieve the stated fitness standards in order to fulfill the requirements of this course and therefore receive a passing grade.

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 #: 33215

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:**

[f 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.

Vn. 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 learning outcomes identified for this course
- completion of the Behaviour Management assignment and the Fitness Program design assignment
- demonstration of an appropriate level of fitness in accordance with Ontario Police Standards