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

COURSE OUTLINE

Course Titles Fitness and Lifestyle Management 3

Code No.: PFP 308 **Semester: Fall 98**

Program: Police Foundations and Law and Security

Author: Colleen Crowley-Strom

Date: Sept. 1998 **Previous Outline Date: None**

Approved:

Dean

- = ^ '^^^>^ JD ^yyj^

Date

Total Credits: 3 **Prerequisite(s): PFP 108 & PFP 208**
Length of Course: 15 weeks **Total Credit Hours: 15**

Copyright ® 1997 The Sault College of Applied Arts & Technology
Reproduction of this document by any means, in wtiole or in part, v\nthout the prior written permission of The Sautt College of Applied Ms & Technology is prohitiited.
For additional mfbrmation, p^ase contact jColleen Crowtey-Strom, (705) 759-2554, Ext. 547.

L COURSE DESCRIPTION:

This course builds on the learning outcomes of Fitness and Lifestyle Management 1 and 2 which focus on wellness and the development of a healthy lifestyle. Topics include; positive lifestyle choices, self-management and behaviour change techniques, exercise prescription, group leadership, and stress management. Through participation in in-class fitness activities and self-directed fitness training students will work towards improving their fitness level and meeting the employment standards on law enforcement specific fitness tests.

n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:
This course addresses generic outcomes in: communication (1), 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 all relevant law and legislation, and professional, organizational and ethical standards; 2) communicate accurately, persuasively, and credibly to develop effective working relationships with individuals, groups, and multi-disciplinary teams in order to achieve goals. 8) Make sound decisions based on an evaluation of situations; 9) Cope with stress and optimize fitness and wellness.

A. LEARNING OUTCOMES:

1) **Apply behaviour management strategies to enhance personal weUness, improve job performance, and ultimately increase career opportunities**
2) **Design, monitor, and adapt a personal fitness program that addresses the achievement of employment standards**
3) **Demonstrate leadership qualities and skills by organizing and leading a class activity**
4) **Develop and implement personal strategies to manage stress effectiveiy**
5) **Demonstrate an appropriate fitness level in accordance with Ontario P<^ice Standards**

B. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE
Upon successful completion of this course the student will demonstrate the ability to:

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

Potential Elements of the Performance:
- apply the nine processes of behaviour change in an attempt to enhance one*s level of welhiess
- demonstrate skills in developing apprc^riate short and longtenn goals
" complete a behaviour change contract/plan based on goals identified through self-evaluation

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

2) DcMgBt monitor, and adapt a personal fitness program that addresses the achicvcflMSt of nnployment standards and lifetime maintenance of fitness

Potential Elements of the Performance

- apply 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.I.T.T. formula of exercise prescription for each component of fitness (i.e. firequency, intensity, time and type)
  - training for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition improvement
- apply the principles 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

3) **Demonstrate leadership qualities and skills by organizing and leading a class activity**

PotOTtial Elements of the Performance:

- submit a written report summarizing one's leadership activity
  Note: the report will be evaluated for professionalism and content
- organize and lead a class activity
  Note: the leadership activity will be evaluated under the following headings:
  - introduction
  - presentation content
  - organization
  - teaching/leadership aids
  - creativity/originality
  - rapport with audience
  - response to audience questions/requests
  - questioning techniques
  - equal balance of participation among group members
  - conclusion

4) Devek^ and implement personal strategies to manage stress effectively

Elements of the Performance:

- complete self-examination inventories on the common signs and symptoms of stress
- develop skills for personal stress management using a variety of strategies including regular physical exercise, relaxation techniques, lifestyle change, and refi'aming

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

Potential Elements of the Performance:

- demonstrate the PREP at 175 seconds with the Push Pull at the minimum 60 pounds
- demonstrate the PREP Shuttle Run at the level of 6.0
- demonstrate the PARE at 4:45 minutes with the Push Pull machine at the minimum of 60 pounds

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

m. TOPICS:

1) Behaviour Management
2) Exercise Prescription and Program Design
4) Stress Management

IV. REQUIRED RESOURCESyTEXTS/MATERIALS:

"A Welbess Way of Life", Third Edition by Robbins, Powers and Burgess

V. EVALUATION PROCESS/GRADING SYSTEM

Behaviour Management Assignment	20%
Fitness Program Design Assignment	20%
Fitness Assessment Assignment	10%
Leadership Presentation	30%
Personal Stress Management Assignment	20%
Total	100%

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

CoUegc Grading Policy:

90%tol00% = A+
80% to 89% =A
70% to 79% =B
60% to 69% =C
Less than 60% = R (repeat the course)

VL 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 accomodations with the instructor and /or contact the Special Needs Office, Room E1204, Ext. 493, 717, or 491 so that support sendees 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 consuh the instructor. Credit for prior leammg will be given upon successful completion of the following:

- completion of the Behaviour Management, Fitness Program Design, and Stress Management assignments
- completion of the Leadership Presentation assignment
- demonstration of an appropriate level of fitness in accordance with Ontario Police Standards