

**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**

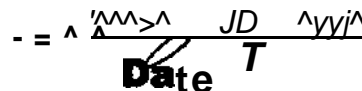
**Author: Colleen Crowley-Strom**

**Date: Sept. 1998**

**Previous Outline Date: None**

**Approved:**

  
**Dean**

  
**Date**

**Total Credits: 3**

**Prerequisite(s): PFP 108 & PFP 208**

**Length of Course: 15 weeks**

**Total Credit Hours: 15**

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*For additional information, please contact Colleen Crowley-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 wellness, 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 effectively**
- 5) Demonstrate an appropriate fitness level in accordance with Ontario Police Standards**

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

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

- 1) Apply behavior 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 wellness
- demonstrate skills in developing appropriate short and long term 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) DeMgBt 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 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. frequency, 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**

## Potential 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) Develop 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 retraining

**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 RESOURCES/TEXTS/MATERIALS:**

"A Wellness 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:** 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.

**CoUege 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)

**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 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:

- 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