



**I. COURSE DESCRIPTION:**

This course builds on the learning outcomes of Fitness and Lifestyle Management I and II which focus on wellness and the development of a healthy lifestyle. Topics include: positive lifestyle choices, self-management and behaviour change techniques, exercise prescription and group leadership. 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.

**II. 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 when dealing with class activities
- 4) Develop and implement personal strategies to manage stress effectively
- 5) Demonstrate an appropriate fitness level in accordance with Ontario Police Standards

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

- 1. Apply behaviour 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

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

**2. Design, monitor, and adapt a personal fitness program that addresses the achievement of employment standards**

***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 include:
  - 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 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 results
- describe alternate exercise practices to ensure lifetime fitness participation

**3. Demonstrate leadership qualities and skills when dealing with class activities**

***Potential Elements of the Performance***

- arrive on time, participate fully
- help with equipment
- report on group attendance
- relay information to team members
- take initiative to begin training/warm-ups
- acts in a manner that encourages fellow classmates

**4. Develop and implement personal strategies to manage personal fitness effectively**

***Potential Elements of the Performance***

- maintain a training record
- maintain a personal training program including all components of health related fitness

**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 75 pounds
- demonstrate the PREP Shuttle Run at the level of 6.5
- demonstrate the PARE at 4:45 minutes with the Push Pull machine at the minimum of 80 pounds

**III. TOPICS:**

- 1) Behaviour Management
- 2) Exercise Prescription and Program Design

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

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

**V. EVALUATION PROCESS/GRADING SYSTEM:**

Prep Testing	* 70%
Fitness Program Design Assignment	10%
Fitness Assessment Assignment	10%
Leadership Assessment	10%
Total	<u>100%</u>

**\* NOTE: Students must achieve a score of "acceptable" in PREP testing. A score of "acceptable" will receive a grade of 30%. Higher scores will receive higher grades (refer to syllabus).**

**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 his/her office.

**Instructor's Phone #:** 759-2554 Ext 547  
**Instructor's Office #:** E3215

***The following semester grades will be assigned to students in postsecondary courses:***

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies &amp; Procedures Manual - Deferred Grades and Make-up</i> ).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades.	

## VI. SPECIAL NOTES:

### Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or the Special Needs office. Visit Room E1204, Extension 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 postsecondary institutions.

### Plagiarism:

Students should refer to the definition of "academic dishonesty" in the *Student Rights and Responsibilities*. Students who engage in "academic dishonesty" will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

### Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

**VII. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the professor. 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.

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.