

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



**SAULT
COLLEGE**

COURSE OUTLINE

COURSE TITLE: Fitness and Life Style Management I

CODE NO. : PFP108 **SEMESTER:** 1

PROGRAM: Police Foundations and
Protection, Security and Investigation

AUTHOR: Anna Morrison

DATE: Sept/2013 **PREVIOUS OUTLINE DATED:** Sept/2012

APPROVED: "Angelique Lemay" **May/13**

DEAN

DATE

TOTAL CREDITS: 3

PREREQUISITE(S): None

**LENGTH OF
COURSE:** 3 hours/week

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*For additional information, please contact Angelique Lemay, Dean
School of Community Services and Interdisciplinary Studies
(705) 759-2554, Ext. 2603*

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 and fitness training methods. 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 physical performance tests.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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 related to the development of physical fitness
- 4) Demonstrate knowledge and skills related to cardiovascular endurance
- 5) Demonstrate knowledge and skills related to weight training
- 6) Demonstrate knowledge and skills related to the development of flexibility
- 7) Demonstrate knowledge of physical requirements in law enforcement
- 8) Design, monitor, and adapt a weight training program for a beginner
- 9) Demonstrate understanding of 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) Understand 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 gain information on one's level of wellness
- identify societal norms which promote unwellness

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

Potential Elements of the Performance:

- identify five stages of change that occur in the process of permanently changing a behaviour
- demonstrate skills in developing appropriate short and long term goals
- identify methods of dealing with obstacles and resistance that interfere with obtaining goals
- 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

4) Demonstrate knowledge and skills related to cardiovascular endurance

Potential Elements of the Performance:

- identify examples of aerobic activities which have the potential to increase cardio respiratory endurance
- explain the following principles of training: progressive overload, rest, maintenance and specificity
- identify the benefits of cardiovascular activity
- demonstrate the ability to program and use several different pieces of cardio equipment
- list advantages and disadvantages of various programs
- demonstrate knowledge of predicted maximum heart rate and training zone based on age and knowledge of fitness level
- utilize personal information in planning a specific program to meet police entrance standards
- identify advantages of cross training
- attempt a variety of aerobic activities and complete aerobic challenge to evaluate present aerobic condition

5) Knowledge and skills related to weight training

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 strength training weight for a beginner and for an experienced weight trainer
- identify major muscle groups
- identify weight training exercises for the major muscle groups

- describe and demonstrate the concentric and eccentric phases of dynamic muscular contraction.
- identify common fallacies related to weight training
- demonstrate beginner level skills at finding a strength training weight
- demonstrate the ability to safely perform weight training exercises for all major body parts
- demonstrate knowledge and safe use of fitness equipment
- design a weight training program specific to passing police employment standards
- demonstrate specific core strength, grip strength and upper body exercises that enhance police testing success
- describe the difference between a functional training program and a body building program

6) Demonstrate knowledge and skills related to the development of flexibility

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 technique
- demonstrate safe and effective exercises which enhance flexibility for major muscle groups
- identify some common unsafe exercises and their safer alternatives

7) Demonstrate knowledge of physical requirements in law enforcement

Potential Elements of the Performance:

- identify general features of PREP, PARE, COPAT, POPAT, OPC or other BFOR tests
- identify other physical requirements of policing related to sight hearing and health

8) Design a personal fitness 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 for a beginner 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 cardio respiratory 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 them to achieve the identified employment standards
- complete several fitness tests and use the information to plan the fitness program that incorporates personal fitness information obtained on fitness tests to design a fitness program to meet employment standards in the field of criminal justice.

9) Demonstrate understanding of an appropriate fitness level in accordance with Ontario Police Standards

Potential Elements of the Performance:

- attempt several cardiovascular tests such as the Shuttle Run, 1.5 mile run, 12 minute walk test or the bike ergometer test and evaluate fitness
- attempt the OPC component tests (push-ups, curl-ups, sit and reach, 1.5 mile run) and evaluate fitness
- demonstrate knowledge of common police tests and the most commonly failed components
- attempt and reflect on police tests such as the PARE or PREP tests

III. TOPICS:

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

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Course materials will be provided by the instructor.

V. EVALUATION PROCESS/GRADING SYSTEM:

On-line Assignments	15
In Class-Gym Practicum Assignments	85
Fitness Principles Assignment	
Chest, Back and Legs Exercise Trials	
Finding a Training Weight Assignment	
Weight Training Design	
5RM Assignment	
Modification of Weight Training Program Design	
Completion of Five Days of Designed Program	
Weight Training Technique Demonstrations	
Locating Cardio Machines Base Level Performance	
Fitness Testing Reflection Assignment	

100%

Missed Tests

All students who miss a test will receive a zero for the test. Students who meet minimum requirements will be allowed to make up their missed test by writing the supplemental examinations. Students who have official supporting documentation, such as a physician's certificate should discuss other options for course completion if a major illness or injury prevented them from completing at least 80% of their classes.

Optional assignments and written tests will be made available for students with a physical injury, illness or disability. 80% attendance is still a requirement. All substitute assignments for injuries and illnesses must be arranged with the professor and completed within seven days of being deemed able to come back to school. Students must communicate with their teacher after each missed class to arrange a substitute activity. The intention of this opportunity is to help cover material when short term extenuating circumstances such as injury, illness and disability interfere with the students learning opportunity. Only one week of assignments can be replaced and they must be done on the following week. For long term disability, special accommodations will be made to accommodate the needs of the student.

Instructor's Phone #: 759-2554 Ext 3204

Instructor's Office #: E3215

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

Students enrolled in Police Foundations or Law and Security Administration will require a minimum of 60% (C) as a passing grade in each course.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.