

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: CARDIOVASCULAR HEALTH AND FITNESS

CODE NO.: CJS 201 SEMESTER: TWO

PROGRAM: LAW AND SECURITY ADMINISTRATION

AUTHOR: ANNA MORRISON

DATE: JANUARY 1996 PREVIOUS OUTLINE: JANUARY 1995

NEW: REVISED: X

APPROVED: *K. DeRosario*
K. DeRosario, Dean
School of Human Sciences and
Teacher Education

Dec. 21/95
Date

****NOTE:** Do not discard this outline. It will be required by other educational institutions if you are attempting to obtain credit for this course.



COURSE DESCRIPTION

This course provides an opportunity to further enhance knowledge and skills related to the achievement of high level fitness and wellness. Students will participate in a variety of cardiovascular training, in order to improve their cardiovascular endurance and coronary health. Through fitness participation, record keeping, and continuous evaluation of progress, students will be encouraged to become self-motivated in their pursuit of fitness and health. Topics will include coronary heart disease risk factors, disease prevention strategies, stress management, basic nutrition, healthy menu planning, and cardiovascular endurance training alternatives.

LEARNING OUTCOMES:

After successfully completing this course, students should be able to:

1. Describe the historical trends in industrial society that have contributed to the increase in coronary heart disease and its resulting status as the leading cause of death in North America.
2. Identify the risk factors of coronary heart disease and outline strategies to prevent premature death and disability from this disease.
3. Demonstrate and apply a variety of effective cardiovascular training techniques including safe alternatives for those with special needs, such as obese, aging, and unfit participants, and those living with chronic disease or conditions.
4. Apply principles of conditioning related to the development and maintenance of personal fitness.
5. Demonstrate and apply muscular endurance and flexibility exercises for the major muscle groups which will aid the achievement of adequate fitness and optimal wellbeing.
6. Identify barriers to successful participation in regular fitness activities and identify several motivational techniques to increase adherence.
7. Explain the concepts of stress, stressors, the "General Adaptation Syndrome", and stress related illnesses and utilize several effective stress management techniques.
8. Apply nutritional knowledge to analyze food intake and plan nutritionally balanced "heart smart" meals.
9. Demonstrate the ability to function as a contributing team member both in the role of leader and participant.

Cardiovascular Health and Fitness

CJS 201

10. Record ongoing participation in fitness/recreational activities and modify activities in response to fitness test results.
11. Identify society wide initiatives designed to impact the future prevalence of heart disease.

TOPICS TO BE COVERED:

1. Motivational Strategies and Adherence to Fitness Programs
2. Record Keeping and Fitness Assessment
3. Fitness Training Principles and Techniques
4. Introduction to Stress Management
5. Nutrition and Healthy Meal Planning
6. Teamwork and Leadership Skills

LEARNING ACTIVITIES:**1.0 Motivational Strategies and Adherence to Fitness Programs**

Upon successful completion of this unit the student should be able to:

- 1.1 Identify the differences between exercise dropouts and adherers
- 1.2 Identify the barriers to regular participation in fitness activities
- 1.3 Identify several motivational strategies to help initiate and maintain participation in fitness programs

2.0 Record Keeping and Fitness Assessment

Upon successful completion of this unit the student should be able to:

- 2.1 Record in-class participation in cardiovascular, muscular strength, muscular endurance, and flexibility exercises
- 2.2 Record out of class participation in cardiovascular, muscular strength, muscular endurance, flexibility, and recreational activities
- 2.3 Participate in regular fitness testing and record progress
- 2.4 Respond to fitness test results by modifying fitness activities

Cardiovascular Health and Fitness

CJS 201

3.0 Fitness Training Principles and Techniques

Upon successful completion of this unit the student should be able to:

- 3.1 Apply the following principles of training to a personal fitness program: progressive overload, specificity, rest and maintenance
- 3.2 Demonstrate knowledge of safe exercise practices by following guidelines for proper warm-ups and cool-downs, and by adhering to exercise precautions discussed in class
- 3.3 Demonstrate knowledge and skills in a variety of cardiovascular training techniques by participating in these activities both during and outside of scheduled fitness classes, (3 times per week minimum)
- 3.4 Demonstrate knowledge and skills in a variety of muscular strength, muscular endurance, and flexibility training techniques by participating in these activities both during and outside of scheduled fitness classes, (3 times per week minimum)

4.0 Introduction to Stress Management

Upon successful completion of this unit the student should be able to:

- 4.1 Define stress
- 4.2 Explain the concept of stressors
- 4.3 Describe the three stages of the "General Adaptation Syndrome"
- 4.4 Describe the effects of chronic stress on one's health and wellness
- 4.5 Describe effective techniques for managing stress

5.0 Nutrition and Meal Planning

Upon successful completion of this unit the student should be able to:

- 5.1 Identify the nutrient strengths and weaknesses of each of the four food groups
- 5.2 Identify examples of calorie-rich and nutrient-rich foods
- 5.3 Analyze meals for fat, fibre, vitamin, and mineral content
- 5.4 Plan a healthy menu for five days, including breakfast, lunch, supper, and healthy snacks each day

6.0 Teamwork and Leadership Skills

Upon successful completion of this unit the student should be able to:

- 6.1 Demonstrate the ability to function as a contributing team member while participating in a variety of learning activities
- 6.2 Act as a team leader by leading a short fitness activity for the class
- 6.4 Demonstrate support and encouragement for team members during fitness training and testing activities

METHODS OF EVALUATION:

| | |
|---|------|
| Performance on Cardiovascular Fitness Tests | 30 % |
| Written Tests | 20 % |
| Written Assignments | 30 % |
| Fitness Assessment Assignment | 10 % |
| Record Keeping: Fitness Record | 10 % |

100 %

GRADING POLICY:

- 90 to 100 % = A+
- 80 to 89 % = A
- 70 to 79 % = B
- 60 to 69 % = C
- < 60 % = R (Repeat Course)

NOTES:

1. Testing Policy: College #: 759-2554 Instructor's Extension: _____

The School of Human Sciences and Teacher Education testing policies apply to all fitness tests as well as written tests. Under exceptional circumstances such as illness, when supported by a physician's certificate, and at the discretion of the professor, arrangements may be made to make up a missed test or use previous test results. You must provide your instructor with advanced notice, in writing, if you need to miss a test. In the event of an emergency on the day of the test you must call your instructor to explain your absence. Immediately upon your return to the college, you must make arrangements with your instructor to make-up the missed test, prior to the next scheduled class. Failure to comply with this policy will result in a zero grade for the missed test.

2. Late Assignments:

For each day that an assignment is late, ten percent will be deducted from the assignment total. Assignments will not be accepted after seven days beyond the due date.

3. Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

SPECIAL NEEDS NOTES:

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with your instructor.

Individuals with permanent physical disabilities can be tested with alternative fitness tests when possible. Identification of these needs must occur as early as possible. A current medical document must accompany the request for alternative testing procedures.