

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: WELLNESS AND PERSONAL FITNESS

CODE NO.: CJS 327 SEMESTER: FOUR

PROGRAM: CORRECTIONAL WORKER

AUTHOR: COLLEEN CROWLEY-STROM

DATE: JANUARY 1996 PREVIOUS OUTLINE: SEPTEMBER 1995

NEW: \_\_\_\_\_ REVISED:  X

APPROVED:

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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.



**Wellness and Personal Safety**  
**Instructor: C. Crowley-Strom**

**CJS 327**

**COURSE DESCRIPTION:**

This course provides learning experiences related to personal safety, physical fitness and wellness. Several topics will be explored including self defence theory, disease prevention, stress management, healthy body image, and exercise alternatives for special populations. Through in-class fitness and self-defence training, as well as self-directed practice, students are expected to improve their level of fitness and their ability to perform self-defence techniques.

**LEARNING OUTCOMES:**

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

1. Describe the trends in society which have over time made self-defence training an important life skill
2. Describe the ethical issues related to the use of self defence techniques
3. Explain why continual learning and practice of self-defence techniques is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills
4. Describe the underlying principles and guidelines related to learning and using self defence techniques
5. Demonstrate effective performance of self defence skills in simulated in-class situations
6. Explain how self-image, attitudes, and behaviour relate to personal safety
7. Explain the relationship of body image to personal wellbeing and describe the forces in society and personal factors which determine one's body image
8. Describe and apply knowledge and skills related to stress management and disease prevention
9. Demonstrate knowledge and skills in a variety of fitness training techniques which contribute to lifelong maintenance of fitness
10. Describe exercise alternatives for those with special needs, such as aging, obese, and unfit participants, and those living with chronic disease

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**TOPICS TO BE COVERED:**

1. Training Methods and Exercise Prescription
2. Health Issues Related to Personal Safety
3. Self Defence Theory
4. Self Defence Techniques

**LEARNING ACTIVITIES:**

**1.0 Training Methods and Exercise Prescription**

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

- 1.1 demonstrate knowledge and skills in a variety of cardiovascular endurance training methods, eg. stepping, cycling, running, ...
- 1.2 demonstrate knowledge and skills in a variety of muscular strength, muscular endurance, and flexibility training methods which enhance one's ability to perform self-defence techniques effectively
- 1.3 demonstrate knowledge of exercise alternatives for those with specific needs/conditions, such as aging, obese, and unfit exercisers and those with osteoarthritis, osteoporosis, and lower back injuries
- 1.4 explain how cross-training helps to avoid overuse injuries and increase motivation
- 1.5 demonstrate skills in effective warm-up and cool-down activities before and after all fitness/recreational activities

**2.0 Health-related Issues**

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

- 2.1 describe the concept of body image and explain its importance to personal wellbeing
- 2.2 Describe lifestyle practices that relate to the prevention of sexually transmitted diseases
- 2.3 Identify the symptoms of common sexually transmitted diseases
- 2.3 demonstrate knowledge and skills related to the effective management of stress

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**3.0 Self Defence Theory**

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

- 3.1 Describe the trends in society which have over time made self-defence training an important life skill
- 3.2 Describe the ethical issues related to the use of self-defence techniques
- 3.3 Explain why continual learning and practice of self-defence techniques is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills
- 3.4 Describe the underlying principles and guidelines related to learning and using self defence techniques
- 3.5 Explain how self-image, attitudes, and behaviour relate to personal safety
- 3.6 Explain the concept of "safe distance"
- 3.7 Identify the vulnerable areas of the body
- 3.8 Identify the parts of the body that can be used as personal weapons

**4.0 Self Defence Techniques**

Upon successful completion of this unit the student should be able to demonstrate the following self defence skills:

- 4.1 Stances: Interview  
Defensive
- 4.2 Pivot Steps: Shuffle Pivot  
Progressive Pivot
- 4.3 Defense Against a Punch
- 4.4 Escape From Chokes: Front Choke  
Take Down From a Front Choke  
Rear Choke (Braced)  
Rear Choke  
Head Lock  
Lapel Grab
- 4.5 Defense Against Kicks: Block  
Take Down From a Kick
- 4.6 Control Technique: Wrist Pick-up

**EVALUATION METHODS:**

- |   |     |
|---|-----|
| 1. Written Tests and Assignments            | 50% |
| 2. Fitness Performance Tests (2 x 10%)      | 20% |
| 3. Self Defence Performance Tests (2 x 15%) | 30% |

**DESCRIPTION OF TESTS AND ASSIGNMENTS:**

**1. Written Test: 15%**

On lecture/discussion topics, assigned readings and handouts  
Includes the following topics: cardio. training alternatives  
body image & weight preoccupation  
stress management  
sexually transmitted diseases

**2. Fitness Assessment Assignment 10%**

You will be required to participate in a battery of fitness tests as both a tester and a participant. There will be two fitness assessment sessions throughout the term, worth 5% each.

**3. Exercise Prescription Assignment (Done in pairs) 10%**

Given a sample case study, you will be required to design an exercise program for a specific individual with special needs and preferences. Your assignment must be typed and you will be required to briefly present your exercise program to the class.

**4. Video Evaluation Assignment 5%**

After viewing a video on weight preoccupation and body image, you will be required to submit a two page, typed critique of the video. Your paper should comment on your own thoughts, feelings, and experiences concerning the topics discussed in the video.

**5. Stress Management Assignment 10%**

a) You will be required to participate in class discussions/activities and to submit several stress management self-evaluation exercises.

b) You will be required to keep a "Relaxation Journal" which is a record of your use of the cassette tape, "Letting Go of Stress". Use each of the four exercises on the tape once during the term. After trying each exercise pick one or two favourites and use them again for a total of three more times.  
Each time you use the relaxation tape, record the following:  
When: date and time of day  
Where: the setting and position of your body  
What: state by title the exercise you used  
How: comment on how you felt before beginning the relaxation exercise  
comment on how effective the exercise was in relaxing you  
answer all remaining questions in your "Relaxation Journal"

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**DESCRIPTION OF TESTS AND ASSIGNMENTS Cont'd**

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|--|------------|
| <b>6. Fitness Performance Tests</b>                        | <b>20%</b> |
| - Sit & Reach test of hamstring and lower back flexibility | 10%        |
| - One Minute Timed Push-ups test                           | 10%        |
| <b>7. Self Defense Performance Tests</b>                   | <b>30%</b> |
| - Test 1   | 15%        |
| - Test 2   | 15%        |

**COLLEGE GRADING POLICY:**

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

**REQUIRED STUDENT RESOURCES:**

**Text:** "Fitness For Wellness" 3rd edition, by Frank Rosato  
**Cassette Tape:** "Letting Go of Stress, Effective Techniques for Stress Reduction and Relaxation", by Greenberg

**NOTE: TESTING POLICY**

**INSTRUCTOR'S EXTENSION: 552**

If you miss a **written test** or a **fitness test** without a physician's document you will get a mark of zero. You must provide your instructor with advance notice, in writing, if you need to miss a test. In the event of an emergency on the day of a 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.

**NOTE: LATE ASSIGNMENTS**

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

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**NOTE: SPECIAL NEEDS**

**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.**

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

