

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE MARIE, ON**



**COURSE OUTLINE**

**Course Title: Cardiovascular Health & Fitness**

**Code No.: CJS 201**

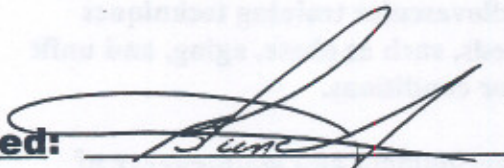
**Semester: 11**

**Program: Law & Security Administration**

**Author: Anna Morrison**

**Date: January 1998 Previous Outline Date: January 97**

**Approved:**



**Dean**

January 6, 1998

**Date**

**Total Credits: 3      Prerequisite(s): N/A**

**Length of Course: 3 hrs./week X 15 Weeks**

**Total Credit Hours: 45 Hours**

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For additional information, please contact Brian Punch, Dean, School of Native Education,  
Criminal Justice & Natural Resources, (705) 759-2554, Ext. 688.



**COURSE DESCRIPTION**

**This course provides an opportunity to enhance knowledge and skills related to the achievement of cardiovascular health and fitness. Topics will include coronary heart disease risk factors, disease prevention strategies, stress management, basic nutrition, healthy menu planning, and cardiovascular endurance training alternatives. 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.**

**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. Identify barriers to successful participation in regular fitness activities and identify several motivational techniques to increase adherence.**
- 6. Describe the basic concepts related to stress and stress management and outline the relationship between chronic stress and coronary heart disease.**
- 8. Apply nutritional knowledge to analyse food intake and plan nutritionally balanced meals.**
- 9. Demonstrate the ability to function as a contributing team member both in the role of leader and participant.**
- 10. Record ongoing participation in fitness activities and modify behaviour to attain personal and/or course-related goals 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. Teamwork and Leadership Skills**
- 4. Fitness Training Principles and Techniques**
- 5. Introduction to Stress Management**
- 6. Nutrition and Healthy Meal Planning**

**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**
- 1.4 Design and document personal strategies to improve motivation and performance**

**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 in order to achieve one's fitness goals**

**3.0 Teamwork and Leadership Skills**

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

- 3.1 Demonstrate the ability to function as a contributing team member while participating in a variety of learning activities**
- 3.2 Act as a team leader by leading a short fitness activity for the class**

### **3.4 Demonstrate support and encouragement for team members during fitness training and testing activities**

## **4.0 Fitness Training Principles and Techniques**

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

- 4.1 Apply the following principles of training to a personal fitness program: progressive overload, specificity, rest and maintenance**
- 4.2 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**
- 4.3 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)**
- 4.4 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)**

## **5.0 Introduction to Stress Management**

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

- 5.1 Define stress**
- 5.2 Explain the concept of stressors**
- 5.3 Describe the three stages of the "General Adaptation Syndrome"**
- 5.4 Describe the effects of chronic stress on one's health and wellness**
- 5.5 Explain how perception and control affect stress**
- 5.6 Describe the relationship of chronic stress and coronary heart disease**
- 5.7 Compare Type A, B, and C personalities**
- 5.8 Describe Type A personality modification techniques**
- 5.9 Describe strategies for modification of stress**

## 6.0 Nutrition and Meal Planning

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

6.1 Identify the six basic nutrients and healthy sources of each of them

6.2 Identify the key concepts promoted in "Canada's Food Guide for Healthy Eating"

6.3 Analyse meals for fat, fibre, vitamin, and mineral content

6.4 Apply the dietary guidelines for North Americans by designing a healthy meal plan

6.5 Examine one's own nutritional behaviour and outline strategies for improvement

### METHODS OF EVALUATION:

Students must pass each of the following four areas to receive credit for this course.

Students final grade will be calculated in the following manner.

Quizzes	10 %
Midterm Test	15 %
Final Exam	25 %
Assignments	10 %
Fitness Tests	40 %

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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: 609.

The Criminal Justice 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.

**Late Assignments:**

Late assignments will NOT be accepted without medical documentation.

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

**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.