

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



COURSE OUTLINE

FITNESS TEST PREP
Course Title: Cardiovascular Health & Fitness

Code No.: CJS 410

Semester: IV

Program: Law & Security Administration

Author: Anna Morrison

Date: January 1998 Previous Outline Date: January 97

Approved:

[Signature]
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.



I. PHILOSOPHY/GOALS

This course is a physical training program designed to assist the student in meeting the entrance requirements of the Policing Field. Fitness activities will include activities that will improve speed, strength and other performance related skills. Fitness testing will be used to measure progress in this course.

II. STUDENT PERFORMANCE OBJECTIVES

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

1. Describe and demonstrate four different field related physical fitness tests.
2. Demonstrate knowledge of back care and safe lifting practices when lifting and caring the "body bag" in the PAR TEST.
3. Perform various Sault College fitness tests (see attached sheets) and achieve a total score of 60%.
4. Demonstrate and participate in programs for increasing speed. (ie. fartlec, suicides, wind sprints)
5. Demonstrate and participate in programs for increasing flexibility. (PNF, passive stretches and partner assisted stretches).
6. Demonstrate and participate in programs for increasing strength. (peramid training, super sets, eg.)
7. Demonstrate knowledge of testing procedures through in class leadership experiences.
8. Demonstrate an ability to work co-operatively as a team while performing circuit training and interval training tasks.
9. Calculate training efficiency and percentage of body weight lifted to determine relative strength.
10. Use knowledge of their lap time to make adjustments in running speed.

III TOPICS TO BE COVERED

1. Fitness testing procedures and optimal values for various policing agencies.
2. Fitness programs for increasing speed, flexibility and strength.
3. Back care and lifting techniques for RCMP PAR test.
4. Calculates of training efficiency using body weight verses maximum lifts to determine relative strength.
5. Adjusting running speed with knowledge of lap time.

IV. EVALUATION

		Learning Outcomes Evaluated
1.5 Mile Run	25%	1,2,4
Sit-ups	10%	1,2
Push-ups	10%	1,2,6
Sit & Reach	5%	1,2,5
Max Lift Scores	10%	6,2
Chin-ups	10%	6,2
Obstacle Course	15%	4,1,2
Co-operation and participation	10%	7,3,5
Application of knowledge in class	5%	7,4,6
	100%	

* Regular attendance in this course is required in order to develop skills and help ensure greater safety for the students at testing times. Therefore, it mandatory that students attend all classes. Students who miss more than 30% of their classes prior to mid term **WILL NOT** be tested for safety reasons and will receive and **R** at mid-term.

** For the students benefit, all fitness testing is booked twice. Students will be given the advantage of using their best score of these two tests. If a student misses their personal test time without prior approval or a medical excuse they will receive a mark of **zero**.

*** Students who have achieved a significant level of fitness and can demonstrate that they are participating regularly in an approved fitness program can choose to be exempt from in class training. These students must achieve a minimum of 80% on all tests in the first three weeks of

classes. The must attend all classes after the March Break. Students who are exempt from regular attendance will have their entire grade based of physical performance. Students whose scores lower at the end of the program will loose fitness maintenance marks. (.5 mark per 1%)

SPECIAL NEEDS NOTES

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

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

Fitness Test Preparation

CJS 410

I have read my course outline and I have attended a session on _____(date) at which time the marking scheme in this course was explained to me. I understand that my mark will be calculated in the following manner.

Minimum Performance objective to achieve 60%

- 1.5 _____
- Push-ups _____
- Curl-ups _____
- Sit and Reach _____
- Max Lifts _____
- Chin-ups _____
- Obstacle Course _____
- Co-operation and Participation _____
- Application of knowledge _____

Signature of Student _____ Date _____