



**I. COURSE DESCRIPTION:**

This course builds on the knowledge and skills developed in Fitness and Lifestyle Management I, II and III. Learning activities will involve fitness assessment, exercise prescription and fitness program design, leadership roles and ongoing self-monitoring and evaluation of progress. These learning experiences combined with the knowledge and skills gained in the first three Fitness and Lifestyle Management courses will reinforce the student's ability to make positive lifestyle changes. Students are required to incorporate their knowledge and skills into daily living and participate in regular, vigorous activities outside of class time, in order to achieve a high level of fitness, overall wellness and successful performance on law enforcement specific fitness tests.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

This course addresses generic outcomes in: communication (1), interpersonal skills (5), analysis (12) and accountability (10, 11).

This course address the following Police Foundations Vocational Outcomes: 1) Act in a manner consistent with all relevant law and legislation and professional, organizational and ethical standards; 2) communicate accurately, persuasively and credibly to develop effective working relationships with individuals, groups and multi-disciplinary teams in order to achieve goals; 8) Make sound decisions based on an evaluation of situations; 9) Cope with stress and optimize fitness and wellness.

Upon successful completion of this course, the student will demonstrate the ability to:

1. Apply one's knowledge of fitness development by designing a personal fitness program that addresses the achievement of high level fitness, employment fitness standards as well as the maintenance of lifetime fitness.

Potential Elements of the Performance:

- Participate in PREP
- Design a personal fitness program in response to fitness assessment results
- Apply one's knowledge related to the development and maintenance of fitness and design an effective personal fitness program which includes:
  - Appropriate warm-up and cool-down activities
  - Application of the F.I.T.T. formula of exercise prescription (Frequency, Intensity, Time and Type) for each component of fitness
  - Training for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition improvement or maintenance

- Training that directly impacts one's performance on the PREP and PARE tests
  - Application of the principles of progressive overload, specificity and rest to ensure that one's fitness program enables the student to achieve the identified employment standards
  - Complete training as outlined on personal fitness program.
2. Collect and record data related to fitness training and testing in order to monitor, evaluate and adapt one's personal fitness program.

Potential Elements of the Performance:

- Participate in fitness activities and fitness tests facilitated by your instructor and record one's performance in those activities
  - Note: students are required to complete a "Personal Training Record Sheet"
  - Maintain a personal file that includes:
    - Blood pressure results prior to PREP test and following PREP tests at 2 minute post testing and 10 minute post testing
    - Fitness activities two weeks prior to any PREP test
    - Attendance record
    - PREP scores
3. Demonstrate an appropriate fitness level in accordance with Ontario Police Standards.

Potential Elements of the Performance:

- Demonstrate the PREP at 156 seconds with the Push Pull machine at 70 pound
- Demonstrate the PREP Shuttle Run at a level of 7.5

**III. TOPICS:**

1. Exercise Prescription and Personal Fitness Program Design
2. Record Keeping and Self-Evaluation
3. Fitness Assessment

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Textbook: Robbins, Powers. A Wellness Way of Life. (3<sup>rd</sup> ed.).



X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies &amp; Procedures Manual – Deferred Grades and Make-up</i> ).
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has been impossible for the faculty member to report grades.

**VI. SPECIAL NOTES:**

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

**VII. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the instructor. Credit for prior learning will be given upon successful completion of the following:

- Completion of the fitness program design assignment
- Successful performance of the PREP and PARE tests at the level required for graduation from the Police Foundations Program.

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.