

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 and implement 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
 - Weekly Fitness Activities log
 - Attendance record
 - PREP scores
 - Check training weight to determine what percentage of 1RM the load has become every six weeks of training
 - Design new ways to overload weight training program at least every six weeks
3. Demonstrate an appropriate fitness level in accordance with Ontario Police Standards.

Potential Elements of the Performance:

- Demonstrate the PREP at 162 seconds with the Push Pull machine at 70 pounds
- Demonstrate the PREP Shuttle Run at a level of 6.5

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: Wisotzki-Wagner, Nancy, Fitness and Lifestyle Management for Law Enforcement.

V. EVALUATION PROCESS/GRADING SYSTEM:

Assignments	10%
Fitness Testing	90%
Total	100%

Fitness Testing will include the following: PREP test

NOTE: Students must pass the PREP test at the Acceptable level in order to receive a passing grade in this course.

NOTE; Missed Tests and Late Assignments

If you miss a fitness test or assignment, you must call your instructor on the scheduled test day to explain your absence. Only medical emergencies and extreme circumstances will warrant the opportunity to write/complete the missed test or assignment at a later date. Official supporting documentation, such as a physician's certificate, may be required as confirmation of your illness. Make appropriate arrangements with your instructor as soon as you resume attendance at Sault College. Failure to comply with this policy will result in a zero grade for the missed test or assignment.

Assignments will not be accepted beyond the due date.

Instructor Information:

Anna Morrison Phone: 759-2554, ext. 2547, Office #: E3204

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

Students enrolled in Police Foundations or Law and Security Administration programs will require a minimum of 60% (C) as a passing grade in each course.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

Disability Services:

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 Disability Services office. Visit Room E1101 or call Extension 2703 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.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in the *Student Code of Conduct*. 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 advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question.

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.