

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



**COURSE OUTLINE**

**COURSE TITLE:** FITNESS AND LIFESTYLE MANAGEMENT II

**CODE NO. :** PFP208 **SEMESTER:** 2

**PROGRAM:** POLICE FOUNDATIONS AND LASA

**AUTHOR:** ANNA MORRISON

**DATE:** JAN/14 **PREVIOUS OUTLINE DATED:** JAN/13

**APPROVED:** “Angelique Lemay” Jan/14

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**DEAN** **DATE**

**TOTAL CREDITS:** 3

**PREREQUISITE(S):** PFP108

**HOURS/WEEK** 3

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**I. COURSE DESCRIPTION:**

This course builds on the knowledge and skills developed in Fitness and Lifestyle Management I. Topics include: coronary heart disease prevention, basic nutrition and heart-smart eating, body composition management, cardiovascular fitness assessment and exercise participation and prescription. Through participation in a variety of learning experiences, students gain the knowledge and skills necessary to make positive lifestyle changes with an emphasis on cardiovascular health. If students choose to incorporate their knowledge and skills into daily living, they will see an overall increase in personal wellness and fitness, as well as improved 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 addresses the following Police Foundations Vocational Outcomes: 1) Act in a manner consistent with all relevant law and legislation and professional, organizational and ethical standards; 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. Identify the risk factors of coronary heart disease and describe specific disease prevention strategies.

Potential Elements of the Performance:

- Describe the impact of heart disease on North American society
- Identify the primary risk factors for coronary heart disease
- Identify the eight secondary heart disease risk factors
- Identify with heart disease risk factors are controllable and which are uncontrollable
- Define the following terms: arteriosclerosis, atherosclerosis, angina pectoris, myocardial infarction and stroke.
- Identify the symptoms of a heart attack
- Identify the role of saturated fats and cholesterol in the development of atherosclerosis
- Explain the roles of high density lipoprotein and low density lipoprotein in heart health
- Explain how smoking specifically increases one's risk of coronary heart disease
- Identify normal blood pressure range and values that indicate hypertension
- Identify the blood cholesterol reading which indicates high blood cholesterol
- Describe the Type A behaviour personality traits that contribute to heart disease risk

- Describe how regular aerobic exercise positively impacts several heart disease risk factors
  - Identify future trends that will impact heart disease
2. Describe the essential elements of sound nutrition and heart-smart eating.

Potential Elements of the Performance:

- Describe three ways dietary habits of North Americans have changed in the past 75 years and explain how these changes have affected our nutritional wellness
  - Identify the six major nutrients and describe their main functions in the body
  - Identify the percentage of calories recommended in the diet for carbohydrates, proteins and fats
  - Describe the dietary guidelines for North Americans
  - Differentiate between complex and simple carbohydrates
  - Describe the health benefits of soluble and insoluble fibre and list good sources of each
  - List examples of saturated, monounsaturated and polyunsaturated fats and explain their relationship to coronary heart disease
  - Identify foods high in cholesterol
  - Identify the key concepts promoted in “Canada’s Food Guide for Healthy Eating”
  - Analyze meals for dietary fat and fibre content
  - Examine one’s own nutritional behaviour and outline strategies for improvement
3. Describe and apply the basic concepts and skills related to body composition management.

Potential Elements of the Performance:

- Describe the impact of body fat on cardiovascular health and fitness
- Compare overweight, obesity and body composition
- Describe the common causes of high body fat
- Explain the importance of exercise in the prevention and treatment obesity
- Describe the relationship of nutrition, exercise and weight management
- Describe the impact of a sedentary lifestyle
- Describe body fat measurement techniques
- Measure body composition a variety of ways and list advantages and disadvantages of each method
- Outline tips for body fat management
- Outline the value of cardiovascular exercise and weight training in body composition management
- Identify the problems associated with fad diets
- Describe a healthy method of body composition management

4. Participate in a personal fitness program and collect data to evaluate program effectiveness.

Potential Elements of the Performance:

- Participate in a variety of cardiovascular activities and carefully record data regarding intensity and heart rate response
  - Complete weight training activities as designed by the student
  - Monitor progress by tracking all weight training events
  - Demonstrate improvement in cardiovascular training levels and heart rate responses
  - Demonstrate improvement in weight training loads, reps, sets and max lifts
5. Apply one's knowledge of fitness development by designing a personal fitness program that addresses the achievement of high-level fitness and employment fitness standards.

Potential Elements of the Performance:

- Participate in a variety of fitness tests for each component of fitness
  - Design a personal fitness program in response to fitness assessment results and in class fitness data collection
  - 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 and application of the
    - F.I.T.T. formula of exercise prescription (Frequency, Intensity, Time and Type) for cardio respiratory endurance and muscular strength
  - Apply the principles of progressive overload, specificity and rest to ensure that one's fitness program enables the student to achieve the identified employment standards
  - Change the fitness program every six weeks to reflect adaptation to the previous program
6. Demonstrate an appropriate fitness level in accordance with Ontario Police Standards.

Potential Elements of the Performance:

- Demonstrate the Shuttle run at a level of 7.5
- Demonstrate the OPC component tests (timed push-up, timed curl-ups, sit and reach, 1.5 mile run) at 75% of OPC standards
- Demonstrate completion of the PREP with a minimum score of 162 seconds on the obstacle course and a 6.5 score on the shuttle run
- Demonstrate improved cardiovascular responses for a specific prescribed workload
- Demonstrate improvement in fitness level in a variety of other ways
- Document an understanding of what is required to reach appropriate fitness level standards when they have not yet been reached

**III. TOPICS:**

1. Coronary Heart Disease
2. Nutrition and Heart-Smart Eating
3. Body Composition Management
4. Exercise Participation, prescription and Program Design
5. Fitness Assessment

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

There is no required text

**V. EVALUATION PROCESS/GRADING SYSTEM:**

Students will choose one of three evaluation methods. Each method will be based on the following:

Tests 40%

Assignments and Assigned activities 60%

**Note:** The evaluation method will be described in greater detail in class.

As active participants in the learning process, it is expected that all students will attend classes. Students must be present in class to receive activity marks. All activities can be modified to meet the needs of the participant. All injuries can be accommodated as long as the student can get to school. Students who arrive more than five minutes late or who leave early will be recorded as missing  $\frac{1}{2}$  a class.

***Note: Missed Tests and Late Assignments***

If you miss a written test, fitness test or in-class 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 without a penalty.

The following semester grades will be assigned to students:

<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:**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. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will be given upon successful completion of the following:

- Written test covering the learning outcomes identified for this course
- Completion of the nutrition assignment, the stress management assignment and the fitness program design assignment
- Demonstration of an appropriate level of fitness in accordance with Ontario Police Standards

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

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

**Instructor's Phone #:** 759-2554, ext. 2547

**Instructor's Office:** E3204

**VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located on the portal form part of this course outline.