

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: FITNESS

Code *Ho.*: REC 106 Semester : WINTER


Program: NATIVE COMMUNITY WORKER/GENERAL ARTS AND SCIENCE

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NEW: REVISION:

APPROVED:


K. DeRosario, Dean
School of Human Sciences and
Teacher Education

Date/

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n. **COURSE DESCRIPTION**

This course provides the student with an in-depth study of physical fitness and wellness. Students will enhance their knowledge of various health and fitness topics including prevention of lifestyle-related diseases and conditions and training methods to develop each of the five components of fitness. Through in-class training students will put theory into action.

If students choose to incorporate their new knowledge and skills into their daily living, they will see an overall increase in personal fitness and wellness. Optimal fitness achievement will ultimately increase the probability of successfully gaining and fulfilling a position in their chosen field.

II. COURSE OBJECTIVES

Upon successful completion students will be able to:

- a) describe the physical, and psychological benefits of fitness and explain the relationship of fitness and high-level wellness.
- b) identify and apply the FITT formula, principles of training, and intensity monitoring techniques to their personal fitness program.
- c) demonstrate proper warm-ups, cool-downs, and safe exercise practices.
- ^ B) demonstrate understanding of weight training principles by creating and following their own program.
- e) demonstrate basic skills in a variety of cardiovascular training methods, such as: aerobic stepping, cycling, running/walking, cross-country skiing, ...
- f) demonstrate basic skills in a wide variety of lifelong sports and recreational activities, such as: volleyball, badminton, weight training, fitness walking/jogging, cycling, aerobics, ...
- g) demonstrate knowledge of healthy and effective weight (fat) management techniques.
- h) apply sound nutritional practices to enhance personal wellness.
- i) demonstrate that they have made a personal commitment to regular exercise by participating in the following standardized fitness tests:
 1. 12 Minute Run or 1.5 Mile Run (Cardiovascular Endurance)
 2. Sit and Reach (Flexibility)
 3. One Minute of Sit-ups (Muscular Endurance)
 4. Grip Strength (Muscular Strength) or Timed Push-ups (Muscular Endurance)
 5. Maximum Lifts (Muscular Strength)

IMPORTANT:

S : o r safety reasons, some individuals with genetic conditions or permanent disabilities resulting from injuries will be tested with alternate test measures. Example: Modified curl-ups in place of full sit-ups.. It is important that you inform the instructor of your need for alternate fitness tests and/or recreational activities as soon as possible. Medical documentation will be required depending on the nature of the disability.

TOPICS TO BE COVERED

Introduction to Fitness and Wellness
Benefits of Fitness
Motivation to stick with Fitness
Muscular Strength and Muscular Endurance
Cardiovascular Endurance
Flexibility
Weight control and Nutrition (Body Composition)

IV. LEARNING ACTIVITIES

1.0 Introduction to Fitness and Wellness

Upon successful completion of this unit, students should be able to:

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| 1.1 | Explain how the definition of health has changed | Unless otherwise indicated on page reference refer to the required text, pg. 5-7 |
| 1.2 | Identify the 6 dimensions of wellness and how to enhance each of them | hand-out |
| 1.3 | Describe how the major causes of death and disease are changing | pg. 26-27 |
| 1.4 | Define health-related and performance related fitness | pg. 9-10 |
| 1.5 | Describe the components of fitness related to health and the components related to performance | pg. 9-10 and lecture notes |
| 1.6 | Describe the FITT Formula of exercise prescription | lecture notes |
| 1.7 | Describe tests for each component of health-related fitness | lecture notes and gym demonstration |
| 1.8 | Describe and demonstrate the Why and How of a proper warm-up and cool-down | lecture notes and gym demonstration |

2.0 Benefits of Fitness

Upon successful completion of this unit students should be able to:

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|-----|--|--------------------------|
| 2.1 | Identify the risk factors of cardiovascular disease | pg. 31-35 |
| 2.2 | Identify how regular cardiovascular exercise can reduce the risk of cardiovascular disease | pg. 64-69 and hand-out |
| 2.3 | Identify the role exercise may play in managing and/or preventing other chronic diseases such as asthma, low back pain, osteoarthritis, osteoporosis, and cancer | pg. 90 - 104
hand-out |

3.0 Motivation

Upon successful completion of this unit, students should be able to:

- 3.1 Identify what is required to begin and stick with an exercise program pg. 108
- 3.2 List the most common reasons for dropping out of an exercise program pg. 109
- 3.3 Describe motivational strategies to help you stick with your exercise program pg. 117 - 123 and class discussion

4.0 Muscular Strength and Endurance

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

- 4.1. Describe the many specific benefits of weight training Handout-Weight Training For Beginners
- 4.2 List safety tips that one should follow when lifting weights pg. 216 and lecture material
- J-3 Describe how to establish an ideal training weight for a beginner and for an experienced weight trainer hand-out
- 4.4 Describe and demonstrate the concentric and eccentric phases of muscular contractions pg. 197
- 4.5 Define agonist and antagonist muscle groups pg. 198
- 4.6 Discuss the strength development of men compared to women pg. 204
- 4.7 Discuss the role of anabolic steroids as well as their potential dangers lecture notes and in-class discussion
- 4.8 Describe why the statements on the beginner weight training manual are myths or fallacies Handout "Weight Training for Beginners"
- 4.9 Identify and locate the major muscle groups of the body and demonstrate weight training exercises and stretches for each of them Handout "21 Important Muscles for Weight Training"
- 4.10 Explain the Principles of Conditioning such as specificity, adaptation, progressive overload, maintenance, use/disuse, rest, and ceiling effect Handout "Weight Training for Beginners" and lecture notes

5.0 Cardiovascular Fitness

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

- 5.1 Define and differentiate between anaerobic and aerobic activities video "Fit or Fat" hand-out
- 5.2 Describe the production of energy by both aerobic and anaerobic processes pg. 129
- 5.3 Demonstrate how to determine your target heart rate zone for exercise pg. 145-147, in class lecture material, gym demonstration
- 5.4 Demonstrate the ability to take your pulse rate to monitor exercise intensity in-class demonstration

6.0 Flexibility

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

- 6.1 Describe factors limiting flexibility pg. 242
- 6.2 Describe the relationship between flexibility and lower back pain pg. 242
- 6.3 Compare static vs dynamic stretching pg. 244, 137
- 6.4 Describe proprioceptive neuromuscular facilitation stretching techniques pg. 137
- 6.5 Describe high-risk flexibility exercises pg. 139-144 in-class demonstration

7.0 Weight Control and NUTRITION

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

- 7.1 Define body composition pg. 287
- 7.2 Define essential and storage fat pg. 287
- 7.3 Describe the relationship between body composition and wellness pg. 290 and lecture notes
- 7.4 Explain the many effects of exercise on body composition and fat management pg. 292-298, hand-out and video "Fit or Fat"
- 7.5 Compare the effectiveness of exercise combined with healthy eating, versus dieting alone, as weight loss techniques pg. 301 and lecture notes
- 7.6 Describe the guidelines that should be followed by the underweight when they attempt to gain weight pg. 302
- 7.7 Discuss the guidelines for healthy eating pg. 261-282
- 7.8 Describe the 6 basic nutrients and list sources of each of them pg. 261-282 and hand-out

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V. ASSIGNMENTS

1. Motivation Assignment (5%)
2. Weight Training Assignment (5%)

This assignment requires you to:

- design a safe and balanced weight training program
- record your weight training for 2 weeks including the date, training loads, and number of repetitions completed (if you do more than 2 sets, record the 2 with the heaviest training loads)
- state your training goals
- state whether you are attempting to develop muscular strength, muscular endurance, or both
- perform 8 or more free weight or Universal exercises
- describe all of the prime mover muscle groups developed in each exercise
- work in the order of large to small muscles
- allow 48 hours of rest for each muscle group

3. Muscle Presentation Assignment (5%)

Presentation on 1 muscle (assigned by instructor). Include the muscle's location, action, 2 strengthening exercises and 1 stretch (time limit of one minute). Submit in written form.

4. Maximum Lifts Assignment (5%)

Submit weight training maximum lift tests for each of the following exercises using the "Men's" Universal Equipment:

1. Leg Press (knees at 90°)
2. Lat Pulldown
3. Chest Press
4. Shoulder Press
5. Seated Row (use the Green Machine if you can lift whole stack on universal)

VI METHODS OF EVALUATION

Assignments and in-class project	20%
Physical Fitness Test Participation	10%
Written Test	20%
Weight Training Test	20%
Written Final Exam	30%

Note:

Attendance is critical to this course!

>nly 3 absences will be allowed. After 3 absences one mark (1%) will be deducted for each missed "class.

Testing Policy

Instructor's Extension: _____

If you miss a written test or a scheduled fitness test without a physician's note, you will get a mark of zero. 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 a test (either academic or physical), you must call your instructor to explain your absence. Immediately upon your return to the College, you are responsible to make arrangements with your instructor, for make-up of a missed test prior to the next scheduled class. Failure to comply with this policy will result in a zero grade for the missed test.

NOTE:

Late assignments will be penalized 10% per day. Assignments will not be accepted beyond 7 days after the due date.

VII. REQUIRED STUDENT RESOURCES

Frank D. Rosato, "Fitness and Wellness: The Physical Connection"
(Available in College Book Store)

VIII. COLLEGE GRADING POLICY

90-100% = A+
80- 89% = A
70- 79% = B
60- 69% = C
Below 60 =R (Repeat Course)

SPECIAL NEEDS

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

NOTE

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