

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

£0J1RSE OJHLINE

J ,J AP^ - 5 fe5

ARY

.T ,>•E. MAR.IE

COURSE TITLE: FITNESS AND LIFESTYLE MANAGEMENT I

CODE NO. REC 106 SEMESTER: TWO

PROGRAM: NATIVE COMMUNITY WORKER

AUTHOR: COLLEEN CROWLEY-STROM

DATE: JANUARY 1995 PREVIOUS OUTLINE: SEPTEMBER 1994

NEW: REVISED:

APPROVED:

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

Date

*7/1/95*

**\*\*NOTE:** Do not discard this outline. It will be required by other educational institutions if you are attempting to obtain credit for this course.

### **COURSE DESCRIPTION:**

This course deals with the pursuit of wellness with a focus on physical fitness. Topics include: chronic disease prevention, body fat management, exercise prescription/program design, and basic nutrition. Students are introduced to a variety of fitness activities known to maximize health benefits while providing lifelong appeal. Through participation in hands-on learning experiences, students gain the knowledge and skills necessary to make positive lifestyle changes.

If students choose to incorporate their knowledge and skills into 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.

### **STUDENT LEARNING OUTCOMES:**

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

1. Describe the components of wellness and outline behavioural choices which contribute to a healthy lifestyle.
2. Describe the components of fitness and explain how each relates to chronic disease prevention and health enhancement.
3. Outline the minimum exercise requirements necessary to improve each of the five components of health-related fitness.
4. Demonstrate knowledge and skills in safe exercise practices including proper warm-ups, cool-downs, and muscular, cardiovascular, and flexibility training techniques.
5. Demonstrate skills and knowledge in a variety of fitness training and fitness evaluation techniques.
6. Demonstrate basic skills in a variety of lifelong sports and physical activities.
7. Evaluate the effectiveness of various fat management techniques and differentiate between those which are health enhancing and those which are health diminishing.
8. Identify the six categories of essential nutrients and describe healthy sources of each.

**TOPICS TO BE COVERED:**

Introduction to Wellness and Fitness  
Benefits of Fitness/Chronic Disease Prevention  
Safe and Effective Exercise Practices  
Muscular Strength and Muscular Endurance Training  
Flexibility Training  
Cardiovascular Endurance Training  
Body Composition and Body Fat Management  
Introduction to Nutrition

**LEARNING ACTIVITIES**

- |            |  |  |
|------------|--|--|
| <b>1.0</b> | <b>Introduction to Wellness and Fitness</b><br>Upon successful completion of this unit, the student should be able to: | page references refer to the required text |
| 1.1        | Differentiate between the past definition of health and the recent definition of wellness                              | Chapter 1<br>p. 7-9                        |
| 1.2        | Identify the dimensions of wellness and how to enhance each of them  | handout                                    |
| 1.3        | Describe how the major causes of death and disease have changed over time  | <b>p. 19-21</b>                            |
| 1.4        | Define health-related and performance-related fitness  | <b>p. 13-14</b>                            |
| 1.5        | Describe the components related to health and the components related to performance                                    | p. 13 1 ! Sc<br>lecture notes              |
| 1.6        | Describe the F.I.T.T. Formula of exercise prescription   | p. 50-54 Si<br>lecture notes               |
| 1.7        | Explain the following principles of training: rest, progressive overload, maintenance, and specificity                 | <b>p. 54-56,</b><br><b>p. 112-115</b>      |
| 1.8        | Describe tests for each component of health-related fitness  | in-class demonstration &<br>lecture notes  |

- 2.0 **Benefits of Fitness/Chronic Disease Prevention**  
Upon successful completion of this unit, students should be able to:
- 2.1 List the many long-term benefits of regular, physical activity
- 2.2 Identify the risk factors of coronary heart disease
- 2.3 Identify how regular aerobic exercise reduces the risk of coronary heart disease
- 2.4 Identify the role exercise plays in managing and/or preventing other common, chronic diseases
- 3.0 **Safe and Effective Exercise Practices**  
Upon successful completion of this unit, the student should be able to:
- 3.1 Explain why it is important to warm-up properly before a physical activity
- 3.2 Explain why it is important to cool-down properly after a physical activity
- 3.3 Demonstrate a proper warm-up and a proper cool-down
- 3.4 Identify many common unsafe exercises and the safer alternatives for each of them
- 3.5 Identify and locate the major muscle groups which directly relate to low back injury prevention
- 3.6 Demonstrate exercises which specifically help to prevent low back injuries
- 3.7 Describe the many dangerous side-effects of anabolic steroid use
- Chapter 7  
discussion &  
lecture notes
- p. 157-179
- p. 170-175
- Chapter 8  
p. 182-200
- Chapter 3  
p. 49 &  
lecture notes
- p. 56 & lecture  
notes
- in-class  
demonstration
- p. 85-90 in-class  
demonstration &  
handouts
- in-class  
demonstration  
& handout
- in-class  
demonstration
- Chapter 5  
**p. 104 & lecture  
notes**

- 4.0 **Muscular Strength and Endurance Training**  
Upon successful completion of this unit,  
the student should be able to:
- 4.1 Describe the many ways that muscular strength  
and muscular endurance training increase  
personal wellness Chapter 5  
p. 99-102 *ic*  
lecture notes
- 4.2 Disprove four common fallacies related to  
weight training p. 102 &  
discussion
- 4.3 Explain how gender differences relate to  
weight training p. 102-103 &  
discussion
- 4.4 Describe and demonstrate the concentric and  
eccentric phases of a dynamic muscular  
contraction p. 97-98 &  
in-class  
demonstration
- 4.5 Describe how the agonist and antagonist  
muscle groups work together to produce  
movement p. 98 &  
in-class  
demonstration
- 4.6 Identify several important safety tips for  
weight training **p. 113 &**  
in-class  
demonstration
- 4.7 Describe how to establish an ideal training  
weight for a beginner and for an experienced  
weight trainer handout &  
discussion
- 4.8 Identify weight training exercises for the  
major muscle groups **p. 117-121 &**  
in-class  
demonstration
- 5.0 **Flexibility Training**  
Upon successful completion of this unit,  
students should be able to:
- 5.1 Describe how flexibility training contributes  
to personal wellness Chapter 4  
p. 73-74 &  
lecture notes
- 5.2 Describe the factors which limit flexibility p. 74 &  
lecture notes

- 5.3 Compare the effects of static (passive) and dynamic (ballistic) stretching techniques **p. 75-76 & lecture notes**
- 5.4 Demonstrate Proprioceptive Neuromuscular Facilitation (PNF) stretching techniques **p. 76-78 & in-class demonstration**
- 5.5 Demonstrate safe and effective exercises which enhance flexibility **p. 79-84 *it* in-class demonstration**
- 6.0 **Cardiovascular Endurance Training**  
Upon successful completion of this unit, students should be able to:
- 6.1 Differentiate between the characteristics of activities which are predominantly aerobic or anaerobic **Chapter 6 handout**
- 6.2 Describe the production of energy by both aerobic and anaerobic processes **handout**
- 6.3 Describe the man health-enhancing, long-term effects of regular aerobic exercise **p. 137-141**
- 6.4 Based on age, calculate an individual's target heart rate zone for exercise **handout & lecture notes**
- 6.5 Identify examples of aerobic activities which have the potential to increase cardiovascular endurance **lecture notes and video**
- 7.0 **Body Composition and Body Fat Management**  
Upon successful completion of this unit, students should be able to:
- 7.1 Describe the relationship between body composition and personal wellness **Chapter 10 p. 241-243 & lecture notes**
- 7.2 Explain how exercise influences body composition and contributes greatly to body fat management **p. 245-250, handout & lecture notes**
- 7.3 Compare the effectiveness of exercise combined with healthy eating, versus dieting, as weight loss strategies **p. 245-255 & lecture notes**

- 7.4 Describe the guidelines which promote healthy weight gain for those who are underweight p. 255-256 & lecture notes
- 7.5 Identify activities which have the potential to improve body composition through fat reduction and/or muscle gain p. 265-266, video, and lecture notes
- 7.6 Identify and disprove several myths related to weight loss p. 265-266 & discussion
- 8.0 **Introduction to Nutrition**  
Upon successful completion of this unit, students should be able to:
- 8.1 Identify guidelines for healthy eating Chapter 9 p. 232 & lecture notes
- 8.2 Identify the six essential nutrients and describe healthy sources of each p. 215-231 *St* lecture notes
- 8.3 Identify the requirements set forth in the Canadian Food Guide handout & lecture notes

**METHODS OF EVALUATION:**

<b>Written Test #1</b>	<b>15%</b>
Written Test #2	<b>15%</b>
Written Test #3	<b>15%</b>
Written Test #4	<b>15%</b>
Maximum Lift Assignment	<b>10%</b>
Weight Training Program Assignment	<b>5%</b>
Mini Quizzes (5)	<b>15%</b>
Participation in Fitness Testing	<b>10%</b>

**NOTE: TESTING POLICY**

Instructor's Extension 488

Office A2180

If you miss a **written test** or **fitness test** without a physician's document, you will receive a mark of zero. You must provide your instructor with advance notice in writing if you need to miss a test. In the event of an emergency on the day of a test you must call your instructor to explain your absence. Immediately upon your return to the college, you must make arrangements with your instructor to make up the 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**

**For each day that an assignment is late, ten percent will be deducted. Assignments will not be accepted after seven days beyond the due date.**