



## COURSE OUTLINE: PFP308 - LIFESTYLE MANAG III

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<b>Course Code: Title</b>	PFP308: LIFESTYLE MANAGEMENT III
<b>Program Number: Name</b>	1202: POLICE FOUNDATIONS
<b>Department:</b>	CRIMINAL JUSTICE
<b>Academic Year:</b>	2024-2025
<b>Course Description:</b>	<p>This course builds on the learning outcomes of Fitness and Lifestyle Management I and II which focus on wellness and the development of a healthy lifestyle.</p> <p>Topics include: positive lifestyle choices, self management and behaviour change techniques, managing stress and shift work, exercise prescription and group leadership. Through participation in in-class fitness activities and self-directed fitness training, students will work towards improving their fitness level and meeting the employment standards on law enforcement specific fitness tests.</p>
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	42
<b>Prerequisites:</b>	PFP108
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	CJS310
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>1202 - POLICE FOUNDATIONS</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 4 Develop and implement ongoing effective strategies for personal and professional development.
	VLO 6 Work co-operatively in multidisciplinary teams to achieve mutual goals.
<b>Essential Employability Skills (EES) addressed in this course:</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
	EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
	EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
	EES 11 Take responsibility for ones own actions, decisions, and consequences.
<b>General Education Themes:</b>	Personal Understanding



**Course Evaluation:**

Passing Grade: 60%,

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Books and Required Resources:**

Justice Studies T-shirt  
Justice Studies T-shirt from the Sault College Book Store

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Apply behaviour management strategies to enhance personal wellness, improve job performance, and ultimately increase career opportunities.	1.1 Use fitness test information to develop long and short term goals 1.2 Complete a behaviour change contract/plan based on goals identified through self-evaluation
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Design, execute, monitor, and adapt a personal fitness program that addresses the achievement of employment standards.	2.1 Apply knowledge and skills related to the development of physical fitness and design an effective personal fitness program which include: - Appropriate warm up and cool down activities - Application of the F.I.T.T. formula of exercise prescription for each component of fitness - Training for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition improvement 2.2 Apply the principle of progressive overload, specificity and rest to ensure that the fitness program enables the student to achieve the identified employment standards 2.3 Execute the fitness program as designed and maintain a record 2.4 Complete several fitness tests, record results and alter one's fitness program appropriately in response to fitness results 2.5 Describe alternate exercise practices to ensure lifetime fitness participation and maintenance of employment fitness standards 2.6 Discuss fitness plan and achievements in an interview setting
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Demonstrate knowledge of content and protocol of a variety of employment readiness tests in criminal justice.	3.1 Describe BFOR testing 3.2 Identify major components and rules of PARE, PREP, Special Constable Selection, OPC and PEEL regional testing 3.3 Identify the specific test for each police force 3.4 Describe minimum fitness requirements to be successful at each test.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Demonstrate leadership	4.1 Lead a boot camp or training session



qualities and skills when setting up and participating in class activities.	4.2 Help with equipment set-up at the start and end of class 4.3 Participate in team building activities as a leader and participant observer 4.4 Execution of a training program outside of class time 4.5 Take initiative to begin training/warm-ups 4.6 Act in a manner that encourages fellow classmates
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Identify and apply the concepts related to stress and stress management related personal stressors and to stressors related to employment in Criminal Justice.	5.1 Define the terms related to stress 5.2 List stressors in daily life and those unique to law enforcement personnel 5.3 Describe the short, long term and chronic effects of too much stress 5.4 Explain the role exercise can play in managing stress 5.5 Explain what a critical incident is, how it can cause stress for law enforcement personnel 5.6 Identify the factors that affect responses to critical incidents 5.7 Explain what post-traumatic stress disorder is, how to recognize some typical symptoms 5.8 Explain how the following lifestyle behaviours/characteristics impact our experience of stress: eating habits, time management, alcohol, drugs and cigarette use, sleeping habits, satisfying relationships, seeking help and support of others, balancing work and play, exercise 5.9 Describe and demonstrate and reflect on a variety stress management techniques such as box breathing, visualization, meditation, yoga, progressive muscle relaxation 5.10 Describe intergenerational trauma, trauma-informed policing, differences between trauma and stress, trauma response to a perceived rather than actual stressor, trauma and body image 5.11 Discuss stress management techniques and topics related to trauma in an interview setting
<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
6. Identify the physiological, psychological and social effects of shift work and describe coping strategies.	6.1 Describe trends in the workforce related to non-traditional hours 6.2 Identify the effects of shift work 6.3 Describe the importance of sleep 6.4 Identify coping strategies like manipulating diet, light, physical activity, power napping and using your circadian rhythm to your advantage
<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
7. Develop and implement personal strategies to manage personnel fitness effectively.	7.1 Maintain a training record of activities in and out of class 7.2 Maintain a personnel training program including all components of health related fitness
<b>Course Outcome 8</b>	<b>Learning Objectives for Course Outcome 8</b>
8. Prepare for employment application and interview	8.1 Maintain a Fitness Log that meets employment application standards



	questions related to health and fitness.	8.2 Practice interview questions related to the inclusions in the fitness log 8.3 Discuss stress management strategies and behaviour interview questions. 8.4 Discuss sleep hygiene and sleep habits as a behaviour interview question
	<b>Course Outcome 9</b>	<b>Learning Objectives for Course Outcome 9</b>
	9. Demonstrate a knowledge of back care theory and practical strategies to protect that back.	9.1 Identify the inherent risks to the back associated with a career in Criminal Justice 9.2 Describe best practice when it comes to lifting and protecting the back in daily movement activities 9.3 Demonstrate core exercises for injury protection 9.4 Describe best practice related to workstation ergonomics 9.5 Identify core muscles responsible for back health
	<b>Course Outcome 10</b>	<b>Learning Objectives for Course Outcome 10</b>
	10. Demonstrate an appropriate fitness level in accordance with law enforcement standards.	10.1 Demonstrate improvement on all or portions of the PREP, PARE, Special Constable Selection (OPC) or 5RM testing 10.2 Demonstrate the PARE at 4 minutes and 45 seconds with the Push Pull machine at the minimum of 70 pounds or describe the type of training required to complete the PARE test successfully given the students ability at this time 10.3 Demonstrate ability to press, pull and squat a total of 600 lbs (males) or 450 lbs (females) for a 5 repetition maximum or demonstrate the ability to design and implement a program to achieve this goal given the present scores of the student 10.4 Demonstrate a passing grade of 75% on the Constable Selection Test

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Final Test	20%
Fitness Test 1 PARE and/or PREP	10%
Fitness Test 2 PARE and/or PREP	10%
Fitness Test 3 Constable Selection Test	20%
Group Interview	10%
Group Practice Interview	10%
Leadership Activity Plan and Execution	10%
Participation in Leadership Activities	10%

**Date:** August 26, 2024

**Addendum:** Please refer to the course outline addendum on the Learning Management System for further information.