



## COURSE OUTLINE: PFP308 - LIFESTYLE MANAG III

Prepared: Anna Morrison

Approved: Karen Hudson - Dean

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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>   | 2025-2026  |
| <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> | <p><b>1202 - POLICE FOUNDATIONS</b></p> <p>VLO 4 Develop and implement ongoing effective strategies for personal and professional development.</p> <p>VLO 6 Work co-operatively in multidisciplinary teams to achieve mutual goals.</p>  |
| <b>Essential Employability Skills (EES) addressed in this course:</b> | <p>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.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p> |
| <b>General Education Themes:</b>                                      | Personal Understanding   |



**Course Evaluation:**

Passing Grade: 60%, C

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>   |
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| 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<br>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:<br>- Appropriate warm up and cool down activities<br>- Application of the F.I.T.T. formula of exercise prescription for each component of fitness<br>- Training for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition improvement<br>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<br>2.3 Execute the fitness program as designed and maintain a record<br>2.4 Complete several fitness tests, record results and alter one's fitness program appropriately in response to fitness results<br>2.5 Describe alternate exercise practices to ensure lifetime fitness participation and maintenance of employment fitness standards<br>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<br>3.2 Identify major components and rules of PARE, PREP, Special Constable Selection, OPC and PEEL regional testing<br>3.3 Identify the specific test for each police force<br>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 Plan and deliver a training session that includes activities or   |



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|  | <p>qualities and skills when setting up and participating in class activities.</p>   | <p>exercises that are targeting a Police Testing component of fitness<br/> 4.2 Help with equipment set-up at the start and end of class<br/> 4.3 Participate in team building activities as a leader and participant observer<br/> 4.4 Execution of a training program outside of class time<br/> 4.5 Take initiative to begin training/warm-ups<br/> 4.6 Act in a manner that encourages fellow classmates</p>  |
|  | <p><b>Course Outcome 5</b></p>   | <p><b>Learning Objectives for Course Outcome 5</b></p>   |
|  | <p>5. Identify and apply the concepts related to stress and stress management related personal stressors and to stressors related to employment in Criminal Justice.</p> | <p>5.1 Define the terms related to stress<br/> 5.2 List stressors in daily life and those unique to law enforcement personnel<br/> 5.3 Describe the short, long term and chronic effects of too much stress<br/> 5.4 Explain the role exercise can play in managing stress<br/> 5.5 Explain what a critical incident is, how it can cause stress for law enforcement personnel<br/> 5.6 Identify the factors that affect responses to critical incidents<br/> 5.7 Explain what post-traumatic stress disorder is, how to recognize some typical symptoms<br/> 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<br/> 5.9 Describe and demonstrate and reflect on a variety stress management techniques such as box breathing, visualization, meditation, yoga, progressive muscle relaxation<br/> 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<br/> 5.11 Discuss stress management techniques and topics related to trauma in an interview setting</p> |
|  | <p><b>Course Outcome 6</b></p>   | <p><b>Learning Objectives for Course Outcome 6</b></p>   |
|  | <p>6. Identify the physiological, psychological and social effects of shift work and describe coping strategies.</p>   | <p>6.1 Describe trends in the workforce related to non-traditional hours<br/> 6.2 Identify the effects of shift work<br/> 6.3 Describe the importance of sleep<br/> 6.4 Identify coping strategies like manipulating diet, light, physical activity, power napping and using your circadian rhythm to your advantage</p>   |
|  | <p><b>Course Outcome 7</b></p>   | <p><b>Learning Objectives for Course Outcome 7</b></p>   |
|  | <p>7. Develop and implement personal strategies to manage personnel fitness effectively.</p>   | <p>7.1 Maintain a training record of activities in and out of class<br/> 7.2 Maintain a personnel training program including all components of health related fitness</p>  |
|  | <p><b>Course Outcome 8</b></p>   | <p><b>Learning Objectives for Course Outcome 8</b></p>   |
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|  | 8. Prepare for employment application and interview questions related to health and fitness.  | 8.1 Maintain a Fitness Log that meets employment application standards<br>8.2 Practice interview questions related to the inclusions in the fitness log<br>8.3 Discuss stress management strategies and behaviour interview questions.<br>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<br>9.2 Describe best practice when it comes to lifting and protecting the back in daily movement activities<br>9.3 Demonstrate core exercises for injury protection<br>9.4 Describe best practice related to workstation ergonomics<br>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 Complete fitness tests such as the PREP, PARE, Special Constable Selection (OPC) or 5RM testing at the industry standard<br>10.2 Demonstrate ability to press, pull and squat an optimal amount of weight compared to personal biometrics<br>10.3 Demonstrate an OPC passing grade of 75% on the Constable Selection Test or a passing grade of 7 on the shuttle run after completing the obstacle course in 2 min 37 sec with a restraint load of 75 pounds. Minimum industry pass scores are graded as a passing score on in class testing. Higher or lower performances than the minimum industry pass score are graded accordingly. |

**Evaluation Process and Grading System:**

| Evaluation Type                         | Evaluation Weight |
|---|-------------------|
| Fitness Test 1                          | 20%               |
| Fitness Test 2                          | 20%               |
| Interview and Log                       | 10%               |
| Leadership and Training Plan Assignment | 10%               |
| Quiz 1                                  | 8%                |
| Quiz 2                                  | 8%                |
| Quiz 3                                  | 8%                |
| Quiz 4                                  | 8%                |
| Quiz 5                                  | 8%                |

**Date:** August 25, 2025

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

