



## COURSE OUTLINE: REC106 - FITNESS I

Prepared: Anna Morrison

Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

<b>Course Code: Title</b>	REC106: FITNESS AND LIFESTYLE MANAGEMENT				
<b>Program Number: Name</b>	4061: AVIATION TECHNOLOGY				
<b>Department:</b>	CRIMINAL JUSTICE				
<b>Semesters/Terms:</b>	19W				
<b>Course Description:</b>	This course deals with the pursuit of wellness with a focus on physical fitness. Topics include: positive lifestyle choices, self-management and behaviour change techniques, exercise prescription, fitness training methods and body fat management. Students are introduced to a variety of fitness activities known to maximize health benefits while providing lifelong appeal.				
<b>Total Credits:</b>	3				
<b>Hours/Week:</b>	30				
<b>Total Hours:</b>	45				
<b>Prerequisites:</b>	There are no pre-requisites for this course.				
<b>Corequisites:</b>	There are no co-requisites for this course.				
<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 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>				
<b>General Education Themes:</b>	Personal Understanding				
<b>Course Evaluation:</b>	Passing Grade: 50%, D				
<b>Course Outcomes and Learning Objectives:</b>	<table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>Demonstrate an understanding of the concept of wellness.</td> <td>           1.1 Describe the historical and contemporary issues related to the concepts of health and wellness            1.2 Contrast the past definition of health with the contemporary concept of wellness            1.3 Explore the validity of the statement - health is a matter of choice            1.4 Describe how over reliance on our health care system impacts us as individuals and as a society            1.5 Identify seven dimensions of wellness and behaviour choices which enhance each of them            1.6 Describe and demonstrate self-management strategies         </td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	Demonstrate an understanding of the concept of wellness.	1.1 Describe the historical and contemporary issues related to the concepts of health and wellness 1.2 Contrast the past definition of health with the contemporary concept of wellness 1.3 Explore the validity of the statement - health is a matter of choice 1.4 Describe how over reliance on our health care system impacts us as individuals and as a society 1.5 Identify seven dimensions of wellness and behaviour choices which enhance each of them 1.6 Describe and demonstrate self-management strategies
Course Outcome 1	Learning Objectives for Course Outcome 1				
Demonstrate an understanding of the concept of wellness.	1.1 Describe the historical and contemporary issues related to the concepts of health and wellness 1.2 Contrast the past definition of health with the contemporary concept of wellness 1.3 Explore the validity of the statement - health is a matter of choice 1.4 Describe how over reliance on our health care system impacts us as individuals and as a society 1.5 Identify seven dimensions of wellness and behaviour choices which enhance each of them 1.6 Describe and demonstrate self-management strategies				



	which allow one to adopt healthy lifestyle behaviours
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
Demonstrate knowledge and skills related to the fitness dimension of wellness.	<p>2.1 Describe the development of the fitness movement and explain how it impacts our leisure and work lives</p> <p>2.2 describe the relevance of fitness in evolutionary success</p> <p>2.3 Differentiate between health-related and performance-related fitness</p> <p>2.4 Define each of the five components of health-related fitness</p> <p>2.5 Outline the minimum exercise requirements necessary to improve each component of fitness applying the FITT Formula of exercise prescription</p> <p>2.6 Explain the importance of a warm-up and cool-down and describe the critical elements of both</p> <p>2.7 Identify examples of aerobic activities which have the potential to increase cardiorespiratory endurance</p> <p>2.8 Explain how our understanding of physical activities of man as he evolved is influencing fitness practices today</p> <p>2.9 Describe tools developed to assess exercise intensities</p> <p>2.10 Explain the following principles of training: progressive overload, rest and specificity</p> <p>2.11 Identify the many health benefits of regular physical activity</p>
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
Demonstrate knowledge and skills related to the development of muscular strength, endurance and flexibility.	<p>3.1 Describe the many ways that muscular strength and muscular endurance training enhance wellness</p> <p>3.2 Identify and apply several important safe exercise practices when weight training</p> <p>3.3 Describe how to establish an ideal training weight for a beginner and for an experienced weight trainer</p> <p>3.4 Identify weight training exercises for the major muscle groups</p> <p>3.5 Describe and demonstrate the concentric and eccentric phases of dynamic muscular contractions</p> <p>3.6 Design and follow a weight training program to achieve improvement or maintenance of muscular strength and/or endurance</p> <p>3.7 Describe how flexibility training enhances wellness</p> <p>3.8 Describe the factors which limit flexibility</p> <p>3.9 Compare the benefits and risks of static, ballistic, PMF and dynamic stretching techniques</p> <p>3.10 Demonstrate safe and effective exercises which enhance flexibility</p> <p>3.11 Identify some common unsafe exercise and their safer alternatives</p> <p>3.12 Describe how the study of evolutionary biology is influencing change in training practices regarding resistance exercise and maintenance of flexibility</p>
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
Identify, administer, evaluate and interpret results of fitness tests for the five components of	<p>4.1 Describe fitness assessment methods for each of the five components of health-related fitness</p> <p>4.2 Perform various fitness assessment procedures on a classmate</p>

health related fitness	4.3 Evaluate fitness assessment results and make appropriate training recommendations 4.4 Complete relevant program specific fitness tests
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
Identify important exercise considerations, safety and care of the lower back.	5.1 Identify the safe exercises from a list of safe and contraindicated exercises 5.2 Identify recommendations for safe exercise in hot and cold weather. 5.3 Identify major contributors to injury risk and how to reduce risk 5.4 Explain general recommendations for common injuries (R.I.C.E.) 5.5 Describe recommendations to reduce risk of lower back injury
<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
Describe the essential elements of nutrition.	6.1 Explore evolutionary and cultural dietary habits 6.2 Identify the six major nutrients and describe their main functions in the body 6.3 Discuss Canada's Food Guide and revisions to the 2007 Guidelines 6.4 Describe the role of carbohydrates and fibre in heart-smart eating 6.5 Compare types of fatty acids and describe their role in maintenance of good health 6.6 Identify foods high in cholesterol and explain the cholesterol debate 6.6 Compare types of fatty acids and describe their role in maintenance of good health 6.7 Use technology to analyze meals for nutritional content and to gather information to determine strategies for improvement 6.8 Review recent research and future trends related to nutrition
<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
Evaluate the effectiveness of various fat-management techniques and differentiate between those which are health-enhancing and those which are health diminishing.	7.1 Describe the relationship between body composition and wellness 7.2 Explain the concept of weight and body size preoccupation and describe how this trend negatively impacts us 7.3 Explain the role exercise plays in managing body composition 7.4 Compare obesity theories and the effectiveness of weight/fat loss strategies 7.5 Describe nutritional strategies which promote healthy body composition 7.6 Identify trends in body composition and body composition management
<b>Course Outcome 8</b>	<b>Learning Objectives for Course Outcome 8</b>
Identify and apply the concepts related to stress and stress management to one's personal life.	8.1 Define the terms stress and stressor 8.2 Describe the three stages of the General Adaptation Syndrome (the stress response) 8.3 Define and give examples of eustress, distress and optimal stress



	<p>8.4 Explain how perception and control are related to the experience of stress</p> <p>8.5 Explain the relationship of life changes and susceptibility to stress-related illnesses</p> <p>8.6 Measure one`s life changes encountered in the last year using the Holmes and Rahe Life Event Scale</p> <p>8.7 Describe the harmful effects of too much stress</p> <p>8.8 Contrast Type A, Type B and Type C behaviour patterns</p> <p>8.9 Identify Type a behaviour modification techniques</p> <p>8.10 Explain why exercise is an ideal strategy for managing stress</p> <p>8.11 Experience and critique several relaxation techniques as stress management strategies</p> <p>8.12 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</p> <p>8.13 Explain the concept of reframing and its relationship to stress management</p>
<b>Course Outcome 9</b>	<b>Learning Objectives for Course Outcome 9</b>
Describe the important issues to consider when making the pursuit of wellness a lifetime endeavour.	<p>9.1 Define quackery and identify the common characteristics of quackery</p> <p>9.2 Discriminate between a credible health product/discovery and a bogus or flimsy finding</p> <p>9.3 Give examples of wellness programs that can be offered in the workplace</p> <p>9.4 Describe ways to foster wellness habits in children</p> <p>9.5 Describe several precautions to enhance personal safety</p> <p>9.6 Describe trends which will affect our wellness in the future</p> <p>9.7 Describe future challenges related to wellness</p> <p>9.8 List environmental concerns that may impact our wellness</p> <p>9.9 Discuss issues related to sexual health</p>
<b>Course Outcome 10</b>	<b>Learning Objectives for Course Outcome 10</b>
Identify cancer risk and prevention strategies.	<p>10.1 Identify how cancer deaths rank in overall death statistics</p> <p>10.2 List primary and secondary risk factors for cancer</p> <p>10.3 Give guidelines for preventing sun over exposure, selecting foods that reduce cancer risk, and self screening practices</p>
<b>Course Outcome 11</b>	<b>Learning Objectives for Course Outcome 11</b>
Identify the problems associated with substance abuse and addictive behaviour.	<p>11.1 Describe health issues related to alcohol abuse</p> <p>11.2 Identify health hazards related to smoking and passive smoking</p> <p>11.3 Discuss health issues related to drug use</p> <p>11.4 Compare `nootropics` and `smart drugs` and the impact of these substances</p>

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight	Course Outcome Assessed
Assignments/Projects	30%	
In-Class Assignments	30%	

	Written Test 1	20%	
	Written Test 2	20%	

**Date:** February 5, 2019

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