



COURSE OUTLINE: PFP208 - LIFESTYLE MANAG II

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Course Code: Title	PFP208: LIFESTYLE MANAGEMENT II
Program Number: Name	1202: POLICE FOUNDATIONS
Department:	CRIMINAL JUSTICE
Semesters/Terms:	20W
Course Description:	This course builds on the knowledge and skills developed in Fitness and Lifestyle Management I. Topics include: coronary heart disease prevention, basic nutrition and heart-smart eating, body composition management, cardiovascular fitness assessment and exercise participation and prescription. Through participation in a variety of learning experiences, students gain the knowledge and skills necessary to make positive lifestyle changes with an emphasis on cardiovascular health. If students choose to incorporate their knowledge and skills into daily living, they will see an overall increase in personal wellness and fitness, as well as improved performance on law enforcement specific fitness tests.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Vocational Learning Outcomes (VLO's) addressed in this course:	1202 - POLICE FOUNDATIONS VLO 3 Be accountable for ones actions when carrying out all tasks. VLO 4 Develop and implement ongoing effective strategies for personal and professional development.
<small>Please refer to program web page for a complete listing of program outcomes where applicable.</small>	
Essential Employability Skills (EES) addressed in this course:	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.
General Education Themes:	Personal Understanding Science and Technology
Course Evaluation:	



Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Identify the risk factors of coronary heart disease and describe specific disease prevention strategies.	1.1 Describe the impact of heart disease on North American society 1.2 Identify the primary risk factors for coronary heart disease 1.3 Identify the eight secondary heart disease risk factors 1.4 Identify which heart disease risk factors are controllable and which are uncontrollable 1.5 Define the following terms: arteriosclerosis, atherosclerosis, angina pectoris, myocardial infarction and stroke 1.6 Identify the symptoms of a heart attack 1.7 Identify the controversy regarding saturated fat and cholesterol and heart disease 1.8 Explain the roles of high density lipoprotein and the various forms of low density lipoprotein in heart health 1.9 Explain how smoking specifically increases one's risk of coronary heart disease 1.10 Identify normal blood pressure range and values that indicate hypertension 1.11 Identify healthy blood lipid profile values 1.12 Describe how regular exercise positively impacts heart disease risk factors 1.13 Discuss future trends and present research related to heart disease 1.14 Describe key historic events related to lifestyle recommendations regarding reducing heart disease risk 1.15 Describe the relationship between diabetes and metabolic syndrome to coronary heart disease, obesity and performance
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Describe the essential elements of basic nutrition and heart-smart eating.	2.1 Describe evolutionary and cultural eating practices and explain how these changes have affected our health 2.2 Identify the six major nutrients and describe their main functions in the body 2.3 Identify the various views regarding the percentage of calories recommended in the diet for carbohydrates, proteins and fats 2.4 Discuss Canada's Food Guide and revisions to the 2007 Guidelines 2.5 Describe the role of carbohydrates and fibre in heart-smart eating 2.6 Compare types of fatty acids and describe their role in maintenance of good health 2.7 Use technology to analyze meals for nutritional content and to gather information to determine strategies for improvement 2.8 Review recent research and future trends related to nutrition
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Describe and apply the basic concepts and skills related to body composition management.	3.1 Describe the impact of body fat on cardiovascular health and fitness 3.2 Compare overweight, obesity and body composition 3.3 Describe the common theories related to the causes of obesity



	<p>3.4 Describe the relationship of nutrition, exercise and body composition management</p> <p>3.5 Describe body fat measurement techniques and list advantages and disadvantages of each method</p> <p>3.6 Outline theories for body fat management</p> <p>3.7 Outline the value of cardiovascular exercise and weight training in body composition management</p> <p>3.8 Identify the problems associated with diets</p>
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Participate in a personal fitness program and collect data to evaluate program effectiveness.	<p>4.1 Participate in a variety of cardiovascular activities and carefully record data regarding intensity and heart rate response</p> <p>4.2 Complete weight training activities as designed by the student</p> <p>4.3 Monitor progress by tracking all weight training events</p> <p>4.4 Demonstrate improvement tests related to cardiovascular endurance and speed by changing intensity, heart rate response and time to completion of activities</p> <p>4.5 Demonstrate improvement in muscular strength and muscular endurance by changing training systems and loads</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Apply knowledge of fitness development by designing a personal fitness program that addresses the achievement of high-level fitness and employment fitness standards.	<p>5.1 Participate in a variety of fitness tests for each component of fitness</p> <p>5.2 Design a personal fitness program in response to fitness assessment results and in class fitness data collection</p> <p>5.3 Apply knowledge related to the development and maintenance of fitness and design an effective personal fitness program which includes: - Appropriate warm-up and cool-down activities and application of the F.I.T.T. formula of exercise prescription (Frequency, Intensity, Time and Type) for cardio respiratory endurance and muscular strength</p> <p>5.4 Apply the principles of progressive overload, specificity and rest to ensure that one's fitness program enables the student to achieve the identified employment standards</p> <p>5.5 Change the fitness program every four weeks based on fitness results on standardized tests</p> <p>5.6 Chart fitness progress in portfolio</p>
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Demonstrate an appropriate fitness level in accordance with Ontario Police Standards.	<p>6.1 Demonstrate the Shuttle run at a level of 7.5</p> <p>6.2 Demonstrate the OPC component tests (timed push-up, timed core endurance, truck flexion, 1.5 mile run) at 75% of OPC standards</p> <p>6.3 Demonstrate completion of the PREP with a minimum score of 157 seconds on the obstacle course and a 7 score on the shuttle run</p> <p>6.4 Demonstrate improvement in fitness level in a variety of activities as assigned</p> <p>6.5 Demonstrate improvement in 5RM, 10RM and predicted 1RM scores</p> <p>6.6 Document an understanding of what is required to reach appropriate fitness level standards when they have not yet</p>

been reached

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Fitness Journal	10%
Physical Competencies	25%
Physical Fitness Testing	25%
Quizzes	20%
Written Test	20%

Date:

January 2, 2020

Addendum:

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

