

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE/ ONTARIO

COURSE OUTLINE

COURSE TITLE: RECREATION AND PHYSICAL TRAINING
CODE NO.: REC 100 110 200 210 300 325
PROGRAM: AVIATION TECHNOLOGY
SEMESTERS: ONE TO SIX
DATE: SEPTEMBER 1989
AUTHOR:

NEW:

REVISION

APPROVED:

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CHAIRPERSON

DATE *uA^c- J*

CALENDAR DESCRIPTION

<u>RECREATION & PHYSICAL TRAINING</u>	<u>REC 100 110 200 210 300 325</u>
Course Name	Course Number

PHILOSOPHY/GOALS;

This is a compulsory physical training program. Students are required to participate in a variety of fitness and recreational activities in order to maintain or improve their fitness level. It is intended that the students learn to enjoy being active so that they will continue to pursue a fit life-style throughout their lives.

METHOD OF ASSESSMENT (GRADING METHOD);

Grading will be established using standard fitness tests.

Students must attain or exceed the 50'th percentile on the overall fitness test according to the Canadian Standardized test results i.e.: Norm Charts.

Fitness tests will be held three times per year (in September, December and April).

The major components of fitness will be included in the testing procedure - i.e.: cardiovascular endurance, muscular endurance, flexibility, and body composition.