

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS

CODE NO.: REC 200

SEMESTER: THREE

PROGRAM: AVIATION

AUTHOR: COLLEEN CROWLEY-STROM

DATE: MAY, 1993

NEW:

REVISED:

APPROVED:

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Human Sciences & Teacher Ed

Date

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REC 200

Instructor: Colleen Crowley-Strom

I COURSE DESCRIPTION:

This course will enhance the student's knowledge and skills related to the lifelong pursuit of fitness and high level wellness. Participation in hands-on learning experiences and a variety of training methods will enable the student to increase and maintain his/her fitness level, as reflected by his/her performance on health-related tests of fitness.

II PERFORMANCE OBJECTIVES:

Upon successful completion of this course the student will be able to:

- a. demonstrate knowledge of a variety of health-related issues which are especially pertinent to the field of aviation.
- b. demonstrate skills and knowledge essential to the development and maintenance of the five components of health-related fitness.
- c. apply knowledge of training principles and safe exercise practices by creating a personal fitness program designed to enhance or maintain each of the five components of fitness.
- d. participate regularly in a variety of fitness activities and achieve a high level of fitness as measured by several health-related tests of fitness.

III TOPICS TO BE COVERED

1. Health-related Issues Pertinent to the Field of Aviation
2. Exercise Prescription
3. Personal Fitness Program Design
4. Training Methods and Fitness Testing

IV LEARNING ACTIVITIES

1.0 Health-related Issues

Upon successful completion of this unit the student should be able to:

- 1.1 Demonstrate knowledge and skills related to the prevention of lower back pain
- 1.2 Demonstrate knowledge and skills in stress-reduction techniques
- 1.3 Demonstrate knowledge of the causes and "cures" of "creeping" obesity
- 1.4 Explain the role of lifestyle choices in the prevention of chronic diseases and conditions such as Diabetes, Hypertension, Hypercholesterolemia, Coronary Heart Disease, and Stroke

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Learning Activities cont'd

2.0 Exercise Prescription

Upon successful completion of this unit the student should be able to:

- 2.1 Thoroughly explain how to increase each of the five components of fitness
- 2.2 Thoroughly explain how to maintain a high level of fitness in each of the five components of fitness

3.0 Personal Fitness Program Design

Upon successful completion of this unit the student should be able to:

- 3.1 Demonstrate proper warm-up and cool-down techniques
- 3.2 Demonstrate knowledge of the principles of training such as adaptation, progressive overload, specificity, and rest
- 3.3 Demonstrate knowledge and skills in safe and effective weight training techniques
- 3.4 Demonstrate knowledge of exercise alternatives for those with specific needs/conditions, such as the aging or obese exerciser, and those with osteoarthritis and lower back injuries
- 3.5 Explain how cross-training helps to avoid overuse injuries and increase motivation

4.0 Training Methods and Fitness Testing

Upon successful completion of this unit the student should be able to:

- 4.1 Demonstrate knowledge and skills in a variety of cardiovascular training methods including: Jogging/Running, Cycling (lower and Upper Body Ergometers), Rowing, Stepping, Aerobics, Cardio. Circuit Training, and Wind Sprints
- 4.2 Demonstrate knowledge and skills in a variety of exercises for increasing muscular strength and muscular endurance including weight training and calisthenics
- 4.3 Demonstrate knowledge and skills in flexibility training methods including several stretching alternatives for each major muscle group
- 4.4 Demonstrate knowledge of contraindicated flexibility exercises and safer alternatives
- 4.5 Achieve a high level of fitness and attain a score of at least 60% on the following tests of health-related fitness:
 - 12 minute or 1.5 mile run - Cardiovascular Endurance
 - Grip Strength and Maximum Lifts - Muscular Strength
 - Timed Sit-ups - Muscular Endurance
 - Sit and Reach - Flexibility

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METHODS OF EVALUATION:

1. Written Test	20%
2. Assignment (Fitness Program Design)	20%
3. Fitness Participation Record	15%
4. Fitness Test Performance	35%
5. Fitness Test Improvement	<u>10%</u>
	100%

NOTE:

Fitness Participation Record (#3) - Earn 1% per day (15%)

During each class record:

- a. Cardiovascular training time and type
- b. Weight training exercises, loads, repetitions
- c. Maximum lift weights
- d. Number of sit-ups and push-ups

NOTE: There will be two sessions of fitness testing. Your score on the first test will be graded out of 35%. The second test will be used to measure improvement only. This second test will be completed after a period of self-directed fitness training.

Fitness Test Performance (#4)

12 minute or 1.5 mile run	20%
Timed Sit-ups	5%
Sit and Reach	5%
Grip Strength	5%
	35%

Fitness Test Improvement (#5)

Earn one percent for: each additional half lap run or every 15 second reduction in running time
(up to 10%) every two additional sit-ups completed
every two additional centimeters reached

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NOTE:

If you miss a written test or fitness test without a physician's note you will get a mark of zero on that test.

Late assignments will be penalized 10% per day and will not be accepted beyond seven (7) days after the due date.

COLLEGE GRADING POLICY

90 - 100% = A+

80 - 89% = A

70 - 79% = B

60 - 69% = C

BELOW 60% = R

SPECIAL NEEDS NOTE

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Individuals with permanent physical disabilities can be tested with alternative fitness tests. Identification of these needs must occur as early as possible. Depending on the nature of the disability, the instructor will determine if a medical document must accompany the request for alternative testing procedures.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.