

COURSE DESCRIPTION:

This course deals with the pursuit of wellness with a focus on physical fitness. Topics include: chronic disease prevention, body fat management, exercise prescription/program design, and basic nutrition. Students are introduced to a variety of fitness activities known to maximize health benefits while providing lifelong appeal. Through participation in hands-on learning experiences, students gain the knowledge and skills necessary to make positive lifestyle changes.

If students choose to incorporate their knowledge and skills into daily living, they will see an overall increase in personal fitness and wellness. Optimal fitness achievement will ultimately increase the probability of successfully gaining and fulfilling a position in their chosen field.

STUDENT LEARNING OUTCOMES:

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

1. Describe the components of wellness and outline behavioural choices which contribute to a healthy lifestyle.
2. Describe the components of fitness and explain how each relates to chronic disease prevention and health enhancement.
3. Outline the minimum exercise requirements necessary to improve each of the five components of health-related fitness.
4. Demonstrate knowledge and skills in safe exercise practices including proper warm-ups, cool-downs, and muscular, cardiovascular, and flexibility training techniques.
5. Demonstrate basic skills in a variety of training techniques including: weight training, passive stretching, stationary stepping, biking, and rowing, step training, and running/brisk walking.
6. Evaluate the effectiveness of various fat management techniques and differentiate between those which are health enhancing and those which are health diminishing.
7. Identify the six essential nutrients and describe healthy sources of each.

TOPICS TO BE COVERED:

1. Introduction to Wellness and Fitness
2. Benefits of Fitness/Chronic Disease Prevention
3. Safe and Effective Exercise Practices
4. Muscular Strength and Muscular Endurance Training
5. Flexibility Training
6. Cardiovascular Endurance Training
7. Body Composition and Body Fat Management
8. Introduction to Nutrition

LEARNING ACTIVITIES:

1.0 Introduction to Wellness and Fitness

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

- 1.1 Differentiate between the past definition of health and the recent definition of wellness
- 1.2 Identify the dimensions of wellness and how to enhance each of them
- 1.3 Describe how the major causes of death and disease have changed over time
- 1.4 Define health-related and performance-related fitness
- 1.5 Describe the components related to health and the components related to performance
- 1.6 Describe the F.I.T.T. Formula of exercise prescription
- 1.7 Describe tests for each component of health-related fitness

2.0 Benefits of Fitness/Chronic Disease Prevention

Upon successful completion of this unit students should be able to:

- 2.1 List the many long-term benefits of regular physical activity
- 2.2 Identify the risk factors of coronary heart disease
- 2.3 Identify how regular aerobic exercise reduces the risk of coronary heart disease
- 2.4 Identify the role exercise plays in managing and/or preventing other common, chronic diseases

3.0 Safe and Effective Exercise Practices

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

- 3.1 Explain why it is important to warm-up properly before a physical activity
- 3.2 Explain why it is important to cool-down properly after a physical activity
- 3.3 Demonstrate a proper warm-up and a proper cool-down
- 3.4 Identify many common unsafe exercises and the safer alternatives for each of them
- 3.5 Demonstrate exercises which specifically help to prevent low back injuries

4.0 Muscular Strength and Endurance Training

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

- 4.1 Describe the many ways that muscular strength and muscular endurance training increase personal wellness
- 4.2 Disprove four common fallacies related to weight training
- 4.3 Outline important weight training program considerations
- 4.4 Identify several important safety tips for weight training
- 4.5 Describe how to establish an ideal training weight for a beginner and for an experienced weight trainer
- 4.6 Identify weight training exercises for the major muscle groups

5.0 Flexibility Training

Upon successful completion of this unit students should be able to:

- 5.1 Describe how flexibility training contributes to personal wellness
- 5.2 Describe the factors which limit flexibility
- 5.3 Compare the effects of static (passive) and dynamic (ballistic) stretching techniques
- 5.4 Demonstrate Proprioceptive Neuromuscular Facilitation (PNF) stretching techniques
- 5.5 Demonstrate safe and effective exercises which enhance flexibility

6.0 Cardiovascular Endurance Training

Upon successful completion of this unit students should be able to:

- 6.1 Differentiate between the characteristics of activities which are predominantly aerobic or anaerobic
- 6.2 Describe the production of energy by both aerobic and anaerobic processes
- 6.3 Describe the many health-enhancing, long-term effects of regular aerobic exercise
- 6.4 Based on age, calculate an individual's target heart rate zone for exercise
- 6.5 Identify examples of aerobic activities which have the potential to increase cardiovascular endurance

7.0 Body Composition and Body Fat Management

Upon successful completion of this unit students should be able to:

- 7.1 Describe the relationship between body composition and personal wellness
- 7.2 Explain how exercise influences body composition and contributes greatly to body fat management
- 7.3 Compare the effectiveness of exercise combined with healthy eating, versus dieting, as weight loss strategies
- 7.4 Describe the guidelines which promote healthy weight gain for those who are underweight
- 7.5 Identify activities which have the potential to improve body composition through fat reduction and/or muscle gain
- 7.6 Identify and disprove several myths related to weight loss

8.0 Introduction to Nutrition

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

- 8.1 Identify the guidelines for healthy eating
- 8.2 Identify the six essential nutrients and describe healthy sources of each
- 8.3 Identify the requirements set forth in the Canadian Food Guide

METHODS OF EVALUATION:

Written Test	45%
Weight Training Program Assignment	10%
Fitness Participation Record	15%
Fitness Testing	20% *
Fitness Level Improvement/Maintenance	10% * *

*** NOTE: Fitness Testing Format**

1.5 Mile Run (Cardiovascular Endurance)	10%
Sit and Reach (Hamstring/Lower Back Flexibility)	5%
Timed Curl-ups (Abdominal Muscular Endurance)	5%

**** NOTE: Fitness Level Improvement/Maintenance**

Maintenance points will be awarded if you keep your total fitness scores on the pre and post fitness tests within a five point range. It is much more difficult and less important for those at a high level of fitness to improve. The marking scheme has been designed to reflect this fact.

If your scores on both tests are between: 95 and 100 = 10 maintenance points

90 and 94 = 9

85 and 89 = 8

80 and 84 = 7

75 and 79 = 6

70 and 74 = 5

65 and 69 = 4

60 and 64 = 3

55 and 59 = 2

50 and 54 = 1

Improvement points are earned for the following results on the post test:

- 1% For every two additional curl-ups
- 1% For every two additional centimeters reached
- 1% For every 15 second reduction in running time

NOTE: Testing Policy

Instructor's Extension: 552

If you miss a **written test** or a **fitness test** without a physician's document you will receive a mark of zero. You must provide your instructor with advance notice, in writing, if you need to miss a test. In the event of an emergency on the day of a test you must call your instructor to explain your absence. Immediately upon your return to the college, you must make arrangements with your instructor to make-up the missed test, prior to the next scheduled class. Failure to comply with this policy will result in a zero grade for the missed test.

NOTE: LATE ASSIGNMENTS

For each day that an assignment is late, ten percent will be deducted. Assignments will not be accepted after seven days beyond the due date.

SPECIAL NEEDS:

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

Individuals with permanent physical disabilities can be tested with alternative fitness tests when possible. Identification of these needs must occur as early as possible. A current medical document must accompany the request for alternative testing procedures.

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