

I. COURSE DESCRIPTION:

This course will introduce and provide practical application of the concepts of wellness, fitness and lifestyle management. Emphasis will be placed on taking control of individual health and lifestyle habits so that the student can understand the choices and effort necessary to take responsibility for health and well-being. Through examination of personal lifestyle and health behaviours the students will gain the understanding necessary to apply these health promoting skills to others.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Describe the benefits and significance of participating in a lifetime fitness and wellness program

Potential Elements of the Performance:

- Identify leading Canadian health issues related to lifestyle
- define physical fitness and health-related and skill-related components
- explain the difference between physical fitness and wellness
- define wellness and list the dimensions
- identify Canada's Physical Activity Guidelines
- identify risk factors that may interfere with safe participation in physical fitness activities and prescreening procedures

2. Explain the components and process of behaviour change

Potential Elements of the Performance:

- identify barriers to change
- explain concepts of motivation and locus of control
- identify stages of change
- describe processes of change and identify techniques to facilitate change
- identify and describe personal SMART goals

3. Define nutrition and describe its relationship with health and well-being

Potential Elements of the Performance:

- describe how to use Canada's Food guide to achieve a balanced diet
- describe the function of nutrients in the human body
- conduct a nutrient analysis and suggest changes and strategies for implementation to meet the Dietary Reference Index
- describe the Dietary Guidelines for Canadians

4. Explain the concepts associated with body composition

Potential Elements of the Performance:

- explain the difference between essential fat and storage fat
- describe methods to assess body composition
- identify the importance of body mass index (BMI) and waist circumference in the assessment of risk for disease
- explain the physiology of weight loss
- explain the role of a lifetime exercise program as the key to a successful weight loss and weight maintenance program
- describe behaviour modification techniques that assist adherence to a lifetime weight maintenance program

5. Define components of cardiorespiratory endurance and describe the benefits of training in maintaining health and well-being

Potential Elements of the Performance:

- determine readiness to begin an exercise program
- identify, develop and participate in personal aerobic and anaerobic training sessions
- participate in cardiorespiratory fitness assessments
- interpret assessment results according to health fitness and physical fitness standards
- explain the FITT principle
- identify and develop personal adherence strategies for exercise

6. Explain the importance of muscular strength, endurance and flexibility to fitness and preventative health care

Potential Elements of the Performance:

- identify factors that affect muscular strength, endurance and flexibility
- explain health fitness benefits muscular conditioning and stretching
- identify, develop and participate in personal muscular conditioning and stretching sessions
- participate in strength, endurance and flexibility fitness assessments
- interpret assessment results according to health fitness and physical fitness standards
- identify contraindicated exercises

7. Describe the effects of a healthy lifestyle on longevity

Potential Elements of the Performance:

- estimate life expectancy and determine real physiological age
- outline guidelines for preventing consumer fraud
- list factors to consider when selecting a health and fitness club and appropriate exercise equipment
- Define facility standards and instructor certifications necessary for safe program delivery
- List and describe the Canadian Fitness Safety Standards
- review health and fitness accomplishments and chart a personal wellness program for the future

8. Develop personal plan for physical fitness and lifestyle change

Potential Elements of the Performance:

- Assess current personal health status
- demonstrate ability to select tools, design strategies, and create an action plan by applying the guiding principles of behaviour change as it relates to active living and exercise
- develop personal fitness and lifestyle programs based on appraisal results, goals, and stages of readiness for change
- Identify strategies that support change(e.g., self-contracts, social supports and accountability)
- monitor exercise and activity programs and adapt and modify, when necessary, to meet the needs
- Consider issues related to lifestyle (e.g., diet, health-risk behaviours, stressors) into any plans for change
- evaluate success of personal program

III. TOPICS:

- Physical Fitness and Wellness
- Behaviour Modification
- Nutrition for Wellness
- Body Composition
- Weight Management
- Cardiorespiratory Endurance
- Muscular Strength and Endurance
- Muscular Flexibility
- Lifetime Fitness and Wellness

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

*Principles and Labs for Fitness and Wellness; First Canadian Edition
Hoeger, Hoeger, Locke, Lauzon; Nelson Publishing*

V. EVALUATION PROCESS/GRADING SYSTEM:

Midterm Exam - 25%
Final Exam - 25%
Labs - 20%
Weekly Exercise Log - 10%
Assignments – 20%

Note: Missed Tests and Late Assignments

If you miss a written test, you must call/email your instructor **BEFORE the test** to explain your absence. Only medical emergencies and extreme circumstances will warrant the opportunity to write the missed test at a later date. Official supporting documentation, such as a physician's certificate, may be required as confirmation of your illness. Arrangements with your instructor must be made as soon as you resume attendance at Sault College. Failure to comply with this policy will result in a zero grade for the missed test.

For assignments not handed in by the due date, the mark received will be zero. Extensions will be granted if requested in writing at least 24 hours before the due date. There will be a deduction of one percent (of final grade) per day for every school day late with the permission of an extension. This means that an extension for 5 school days (1 week), will result in 5 percentage points deducted from the final grade.

For each day that a lab class is missed, the corresponding assignment will not be accepted.

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.