



COURSE OUTLINE: PFP108 - LIFESTYLE MANAG I

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Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

Course Code: Title	PFP108: LIFESTYLE MANAGEMENT I
Program Number: Name	1202: POLICE FOUNDATIONS
Department:	CRIMINAL JUSTICE
Semesters/Terms:	20F
Course Description:	This course introduces the student to the concept of wellness and provides practical strategies for developing a healthy lifestyle. Topics include: positive lifestyle choices, self management and behaviour change techniques, exercise prescription and fitness training methods. 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 wellness and fitness, as well as improved performance on law enforcement specific physical performance 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.
Substitutes:	CJS106, REC106
This course is a pre-requisite for:	PFP308
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.
Please refer to program web page for a complete listing of program outcomes where applicable.	
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.

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2020-2021 academic year.



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General Education Themes: Personal Understanding

Course Evaluation: Passing Grade: 60%, C

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Understand concepts of wellness and self-responsibility.	1.1 Describe the historical and contemporary issues related to the concepts of health and wellness 1.2 Contrast the past definition of health with the contemporary concept of wellness 1.3 Explore the validity of the statement - health is a matter of choice 1.4 Describe how over reliance on our health care system impacts us as individuals and as a society 1.5 Identify seven dimensions of wellness and behaviour choices which enhance each of them 1.6 Describe self-management strategies which allow one to adopt healthy lifestyle behaviours, set goals and monitor progress 1.7 Identify key features of the change process including precontemplation, contemplation, preparation, action and maintenance.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Apply behaviour management strategies to enhance personal wellness, improve job performance and ultimately increase career opportunities.	2.1 Practice five stages of change that occur in the process of permanently changing a behaviour 2.2 Demonstrate skills in developing appropriate short and long term goals 2.3 Practice methods of dealing with obstacles and resistance that interfere with obtaining goals 2.4 Practice time management techniques which aid in the achievement of goals
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate knowledge and skills related to the development of physical fitness.	3.1 Differentiate between health related and performance-related fitness 3.2 Define each of the five components of health related fitness 3.3 Outline the minimum exercise requirements necessary to improve each component of fitness applying the FITT formula of exercise prescription 3.4 Explain the importance of a warm up and cool down and describe the critical elements of both 3.5 Identify examples of aerobic activities which have the potential to increase cardiorespiratory endurance 3.6 Describe ways to monitor training intensity such as heart rate monitoring 3.7 Explain the following principles of training such as progressive overload, rest, individuality and specificity
Course Outcome 4	Learning Objectives for Course Outcome 4

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	<p>4. Demonstrate knowledge and skills related to the development of muscular strength and muscular endurance</p>	<p>4.1 Describe the many ways that muscular strength and muscular endurance training enhance wellness 4.2 Identify and apply safe exercise practices when weight training 4.3 Identify training exercises for the major muscle groups 4.4 Identify major muscle groups used in exercises for the chest, back and hip complex 4.5 Demonstrate weight training exercises for the chest, back and hip complex 4.6 Determine appropriate training weights for a beginner using the Repetitive Range method 4.7 Demonstrate the ability to safely find training weight using the Repetitive Range method 4.8 Chose and execute a strength and endurance muscular training program 4.9 Evaluate muscular strength and endurance using a 10RM and 5RM to monitor progress while executing a weight training program 4.10 With assistance modify a weight training program that incorporates information from self tests of muscular strength and muscular endurance</p>
	Course Outcome 5	Learning Objectives for Course Outcome 5
	<p>5. Demonstrate an understanding of how nutrition plays a role in meeting optimal fitness levels.</p>	<p>5.1 Identify key macro and micro nutrients 5.2 Complete a food diary and analyze nutrient intake 5.3 Identify fad diets and potentially healthy eating strategies 5.4 Explore the relationship between nutrition and performance</p>
	Course Outcome 6	Learning Objectives for Course Outcome 6
	<p>6. Demonstrate knowledge and skills related to the development of flexibility.</p>	<p>6.1 Describe how flexibility training enhances wellness 6.2 Describe the factors which limit flexibility 6.3 Compare the benefits and risks associated with static, dynamic, ballistic and PNF stretching techniques 6.4 Demonstrate safe and effective exercises which enhance flexibility 6.5 Identify some common less safe exercises and their safer alternatives 6.6 Describe how the study of evolutionary biology is influencing change in training practices regarding resistance exercise and maintenance of flexibility</p>
	Course Outcome 7	Learning Objectives for Course Outcome 7
	<p>7. Demonstrate knowledge and skills related to cardiovascular endurance.</p>	<p>7.1 Identify examples of aerobic activities which have the potential to increase cardio respiratory endurance 7.2 Explain the following principles of training: progressive overload, rest, maintenance, individuality and specificity 7.3 Identify the benefits of cardiovascular activity 7.4 Apply FITT to a cardiovascular exercise prescription 7.4 Demonstrate the ability to program and use several different pieces of cardio equipment 7.5 List advantages and disadvantages of various program</p>

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	<p>demonstrate knowledge of predicted maximum heart rate and training zone based on age and knowledge of fitness level</p> <p>7.6 Utilize personal information in planning a specific program to meet police entrance standards</p> <p>7.7 Identify advantages of cross training, HIIT training and other specific cardiovascular training</p> <p>7.8 Complete and record a variety of cardiovascular training activities</p>
Course Outcome 8	Learning Objectives for Course Outcome 8
8. Execute and modify personal fitness program that addresses the achievement of employment standards and lifetime maintenance of fitness.	<p>8.1 Choose a suitable fitness program to achieve employment entrance standards</p> <p>8.2 Apply the principle of progressive overload, specificity and rest to ensure that one`s fitness program</p> <p>8.3 Accurately record adherence to program and document progression</p> <p>8.4 Utilize critical thinking skills to change program as needed</p> <p>8.5 Complete several fitness tests and use the information to modify the fitness program to meet employment standards in the field of criminal justice</p>
Course Outcome 9	Learning Objectives for Course Outcome 9
9. Demonstrate understanding of an appropriate fitness level in accordance with Ontario Police Standards.	<p>9.1 Attempt several cardiovascular tests such as the Shuttle Run, 1.5 mile run, 12 minute walk test or the bike ergometer test and evaluate fitness</p> <p>9.2 Attempt the OPC component tests (push ups, core endurance, trunk forward flexion, 1.5 mile run) and evaluate fitness</p> <p>9.3 Demonstrate knowledge of common police tests and the most commonly failed components</p> <p>9.4 Attempt segments and skills related to police tests such as the PARE or PREP tests</p> <p>9.5 List practice tests to complete at home when preparing for police tests of physical fitness</p> <p>9.6 Describe the importance of a sound nutritional strategy in relationship to success on BFOR testing</p>
Course Outcome 10	Learning Objectives for Course Outcome 10
10. Demonstrate knowledge of physical requirements in law enforcement.	<p>10.1 Identify general features of PREP, PARE, COPAT, POPAT, OPC or other BFOR tests</p> <p>10.2 Identify other physical requirements of policing related to sight hearing and health</p>

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Final Test	15%
First Half Quizzes	10%
In class Assignments/Projects	50%
MidTerm Test	15%
Second Half Quizzes	10%

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Date: July 6, 2020

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

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