

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: FITNESS AND RECREATION

Code No.: REC 101

Program: GENERAL ARTS & SCIENCE

Semester: FIRST

Date: SEPTEMBER 1989

Author: ANNA MORRISON, B.P.E.

New:

Revision:

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APPROVED:

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Course Title

Course No.

Instructor: Anna Morrison

COURSE DESCRIPTION

The intent of this course is to provide students with the skills and knowledge in a variety of fitness activities which will have lifelong appeal and fitness benefit, and will contribute to physical fitness as a way of life.

COURSE OBJECTIVES

Students will:

- a) identify and apply principles of training, FITT formula, and monitoring techniques to their personal fitness routine (through written tests and three portfolio examples).
- b) describe the physical, physiological, and psychological values of physical fitness.
- c) demonstrate skills in a wide variety of lifelong sports and recreational activities.
- d) identify activity, specific warm-ups, precautions, fitness benefits and in some cases basic rules of play for volleyball, badminton, cycling, jogging, and weight training.
- e) demonstrate understanding of weight training principles by setting up their own program.
- f) discriminate between the risk/benefit relationship of a new exercise to assess its value by identifying the exercise's inherent dangers and special precautions.
- g) participate during in-class, self-directed learning tasks and other class activities as assessed by spot checks of on-task activity.
- h) apply sound nutritional practices related to physical fitness.
- i) demonstrate that they have made a personal commitment to regular exercise by improving their fitness scores on the following standardized test:
 1. 12 minute run
 2. sit - reach
 3. one minute sit-up test
 4. one-minute push-up test

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IMPORTANT: For safety reasons, some individuals with genetic problems or permanent disabilities resulting from injuries will be tested with alternate test measures such as the **3 mile walk** test or **Modified curl-up test**.

COURSE CONTENT

Lecture/Discussion

Gym

15 Hours

30 Hours

Benefits of Fitness

Components of Fitness

Walking for Fitness

FITNESS Formula

How to Run

Monitoring Techniques

Weight Training

Assessing Personal Fitness

- universal

Precautions & Safety

- free weights
- circuit training
(plus run)

Weight Training Principles
- setting up a program

Anatomy of a Workout (warm-up, etc.)

Aerobics

Human Anatomy of Fitness

Badminton *

Muscle Mechanics

Exercise Analysis & Design

Volleyball *

Nutrition for Fitness

T.B.A. *

Weight Control

Fad Diets

Cycling/Stationary Bikes/
Rope Jumping/Rebounder

Footwear/Stress Injuries

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Lecture/Discussion

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Energy Systems

* Cardio-vascular endurance, strength, muscular endurance and flexibility activities are included on these days

METHODS OF EVALUATION

Participation	30%
Assignments	15%
Fitness Test	25%
Mid-Term	10%
Written Exam	20%

REQUIRED STUDENT RESOURCES

Everybody's Fitness Book, Stewart, Gordon W.

Available in Campus Book Store - \$ 9.95.

Other resources handouts, etc., will be provided.

*** Attendance is mandatory in this course. 2% will be lost for each class missed. Classes may be made up by attending noon fitness classes at the college at a rate of 1% per made-up class.

COLLEGE GRADING POLICY

90 - 100%	A+
80 - 89%	A
70 - 79%	B
60 - 69%	C
Below 60	R (Repeat Course)