

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: **Fitness & Recreation**

REC 101

CODE NO.:

SEMESTER:

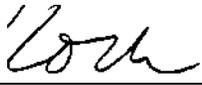
PROGRAM: **General Arts & Science**

AUTHOR: **Fran Rose**

DATE: **Fall 1990**

PREVIOUS OUTLINE DATED:

APPROVED:



SEAN"

DATE

COURSE NAME: **Fitness & Recreation**

CODE NO. **REC 101**

TOTAL CREDIT HOURS: **3 hours**

PREREQUISITE(S): **None**

I. Course Outline

Fitness & Recreation: This course will provide student with the skills and knowledge in a variety of activities which will have life long appeal and fitness benefits. Focusing on the assessment, improvement and maintenance of personal fitness, this course will benefit students both in their personal and professional lives.

II. STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course the student will:

- 1) Assess physical fitness levels of various client groups.
- 2) Identify the important components of physical fitness as they relate to health.
- 3) Demonstrate skills in a wide variety of lifelong sports and recreation activities.
- 4) Be able to apply biomechanical and physiological principles of physical fitness for themselves and client groups.
- 5) Identify and apply practices associated with physical fitness programs.
- 6) Be aware of psychological values of physical fitness and be able to utilize this as a stress management technique.
- 7) Have the ability to apply sound nutritional practices related to physical fitness.

Instructional Techniques

A variety of methods including classroom presentations, activity sessions in the gymnasium and field trips.

Assignments

25% Personal fitness portfolio

A diary of 10 weeks of the student's personal activity record. To be started by September 24th, due November 28th

30% Attendance and Participation

15% attendance 1%/week

15% participation

Equating to student self mark + teacher mark

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10% Mid Term October 15, 1990

Topic: Components and Principles of Fitness & Training

10% Final Test December 17, 1990

Topic: Fitness Activities in Recreation and Healthy Living Through Lifestyle Choices

25% Paper

Recreation and Fitness

Survey and/or that encourage fitness in an age or cultural group

Topic Choice by October 1, 1990

Final due date December 3, 1990

Grading of Assignments

A+ Excellent
A Outstanding
B Above Average
C Satisfactory or Acceptable
U Unsatisfactory

Final Grades

A+ Excellent
A Outstanding
B Above Average
C Satisfactory/Acceptable
R Repeat