

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS AND LIFESTYLE MANAGEMENT I

CODE NO.: REC 106 SEMESTER: ONE

PROGRAM: GENERAL ARTS AND SCIENCE

AUTHOR: COLLEEN CROWLEY-STROM

DATE: SEPTEMBER 1994 PREVIOUS OUTLINE: JANUARY 1994

NEW: \_\_\_\_\_ REVISED: \_X.

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APPROVED: J/ O^Aj^4{JtM^  
K. t/eRosario, Dean  
School of Human Sciences and  
Teacher Education

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**\*\*NOTE:** Do not discard this outline. It will be required by other educational institutions if you are attempting to obtain credit for this course.

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**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 skills and knowledge in a variety of fitness training and fitness evaluation techniques.
6. Demonstrate basic skills in a variety of lifelong sports and physical activities.
7. Evaluate the effectiveness of various fat management techniques and differentiate between those which are health enhancing and those which are health diminishing.
8. Identify the six categories of 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 Explain the following principles of training: rest, progressive overload, maintenance, and specificity
- 1.8 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

**RESOURCES/MATERIALS:**

page references refer to the required text

**Chant 1**

p. 7-9

handout

p. 19-21

p. 13-14

p. 13-14 and lecture notes

p. 50-54 and lecture notes

p. 54-56, p. 112-115

in-class demonstration and lecture notes

**Chant. 7**

discussion and lecture notes

p. 157-179

p. 170-175

**Chant 8**

p. 182-200

### 3.0 Safe **and** Effective Exercise Practices

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

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| 3.1 Explain why it is important to warm-up properly before a physical activity                      | <b>Chapt3</b><br>p. 49 and lecture notes     |
| 3.2 Explain why it is important to cool-down properly after a physical activity                     | p. 56 and lecture notes                      |
| 3.3 Demonstrate a proper warm-up and a proper cool-down   | in-class demonstration                       |
| 3.4 Identify many common unsafe exercises and the safer alternatives for each of them               | p. 85-90 in-class demonstration and handouts |
| 3.5 Identify and locate the major muscle groups which directly relate to low back injury prevention | in-class demonstration and handout           |
| 3.6 Demonstrate exercises which specifically help to prevent low back injuries                      | in-class demonstration                       |
| 3.7 Describe important precautions for pregnant exercisers  | p. 57-60 and in-class demonstration          |
| 3.8 Describe the many dangerous side-effects of anabolic steroid use                                | <b>Chapt5</b><br>p. 104 and lecture notes    |

### 4.0 Muscular Strength and Endurance Training

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

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| 4.1 Describe the many ways that muscular strength and muscular endurance training increase personal wellness | <b>Chapt.5</b><br>p. 99-102 and lecture notes |
| 4.2 Disprove four common fallacies related to weight training  | p. 102 and discussion                         |
| 4.3 Explain how gender differences relate to weight training   | p. 102-103 and discussion                     |
| 4.4 Describe and demonstrate the concentric and eccentric phases of a dynamic muscular contraction           | p. 97-98 and in-class demonstration           |
| 4.5 Describe how the agonist and antagonist muscle groups work together to produce movement                  | p. 98 and in-class demonstration              |
| 4.6 Outline the training considerations related to isotonic training   | p. 108-110 and lecture notes                  |
| 4.7 Identify several important safety tips for weight training   | p.113 and in-class demonstration              |
| 4.8 Describe how to establish an ideal training weight for a beginner and for an experienced weight trainer  | handout and discussion                        |
| 4.9 Identify weight training exercises for the major muscle groups   | p. 117-121 and in-class demonstration         |

### 5.0 Flexibility Training

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

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|   | <b>Chapt.4</b>                      |
| 5.1 Describe how flexibility training contributes to personal wellness                    | p. 73-74 and lecture notes          |
| 5.2 Describe the factors which limit flexibility  | p. 74 and lecture notes             |
| 5.3 Compare the effects of static (passive) and dynamic (ballistic) stretching techniques | p. 75-76 and lecture notes          |
| 5.4 Demonstrate Proprioceptive Neuromuscular Facilitation (PNF) stretching techniques     | p. 76-78 and in-class demonstration |
| 5.5 Demonstrate safe and effective exercises which enhance flexibility                    | p. 79-84<br>in-class demonstration  |

### 6.0 Cardiovascular Endurance Training

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

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|   | <b>Chant 6</b>            |
| 6.1 Differentiate between the characteristics of activities which are predominantly aerobic or anaerobic  | handout and video         |
| 6.2 Describe the production of energy by both aerobic and anaerobic processes                             | handout and video         |
| 6.3 Describe the many health-enhancing, long-term effects of regular aerobic exercise                     | p. 137-141, and video     |
| 6.4 Based on age, calculate an individual's target heart rate zone for exercise                           | handout and lecture notes |
| 6.5 Identify examples of aerobic activities which have the potential to increase cardiovascular endurance | lecture notes and video   |

### 7.0 Body Composition and Body Fat Management

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

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|   | <b>Chapt10</b>                        |
| 7.1 Describe the relationship between body composition and personal wellness  | p. 241-243 and lecture notes          |
| 7.2 Explain how exercise influences body composition and contributes greatly to body fat management                   | p. 245-250, handout and lecture notes |
| 7.3 Compare the effectiveness of exercise combined with healthy eating, versus dieting, as weight loss strategies     | p. 245-255 and lecture notes          |
| 7.4 Describe the guidelines which promote healthy weight gain for those who are underweight                           | p. 255-256 and lecture notes          |
| 7.5 Identify activities which have the potential to improve body composition through fat reduction and/or muscle gain | p. 265-266, video, and lecture notes  |
| 7.6 Identify and disprove several myths related to weight loss  | p. 265-266 and discussion             |

**8.0 Introduction to Nutrition**

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

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| 8.1 Identify the guidelines for healthy eating                                | <b>Chant 9</b><br>p. 232 and lecture notes |
| 8 J Identify the six essential nutrients and describe healthy sources of each | p. 215-231 and lecture notes               |
| 8 J Identify the requirements set forth in the Canadian Food Guide            | handout and lecture notes                  |

**METHODS OF EVALUATION:**

Written Test #1	15%
Written Test #2	15%
Written Test #3	15%
Written Test #4	15%
Maximum Lift Assignment	10%
Weight Training Program Assignment	5%
Mini Quizzes (10)	15%
Participation in Fitness Testing	10%

**NOTE: Testing Policy**

**Instructor's Extension**

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.

**REQUIRED STUDENT RESOURCES:**

"Fitness for Wellness, The Physical Connection", Frank D. Rosato

**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.**