

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: PERSONAL FITNESS  
Code No.: REC 101  
Program: GENERAL ARTS AND SCIENCE  
Semester: FALL/WINTER  
Date: JANUARY, 1988

New: Revision:

APPROVED: Chairperson

*Jan. Ilgti*  
Date

### Philosophy/Goal

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

Duration; 15 weeks

Credit Hours; 3

Textbook; Physical Fitness, A Way Of Life, 3rd. Edition  
Bud Getchill

\* available in the College Book Store - \$21.75

\* other resources handouts, etc. will be provided

### Objective

Upon completion of REC 101, students will be able to do the following:

1. Assess physical fitness levels
2. Know the importance of physical fitness related to health problems.
3. Demonstrate skills in a wide variety of life long sports and recreational activities.
4. Aquisition of knowledge and application of biomechanical and physiological principles of physical fitness.
5. Knowledge of safety practices associated with physical fitness.
6. Knowledge of psychological values of physical fitness including stress management.
7. Knowledge and application of 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

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1. Weekly Tests	30%
2. Fitness Appraisal	20%
3. Personal Fitness Portfolio	15%
4. Paper	10%
5. Attendance and Participation	10%
6. Exam	15%

Grading of Assignments

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

Final Grades

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