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SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: Aerobic Fitness

CODE NO.: REC 108-1

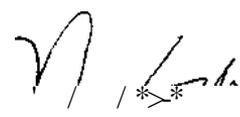
SEMESTER: Winter

^PROGRAM: General Arts and Science

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DATE: December 1991

PREVIOUS OUTLINE DATED: N/A

APPROVED: 
DEAN

DATE

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Aerobic Fitness
REC 108-1

PURSE DESCRIPTION

Students will participate in a variety of aerobic fitness classes including high-impact, low-impact, and no-bounce styles. They will be introduced to proper warm-up and cool-down activities, safety techniques, exercises to develop the major muscle groups, and intensity monitoring techniques. They will learn how to modify exercises to meet their individual strengths and limitations. This course is suitable for all individuals who are interested in improving their fitness level and gaining knowledge of safe and effective fitness practices.

STUDENT PERFORMANCE

After completing this course students will be able to:

- a. identify the muscle groups being stretched or strengthened in any exercise
- b. monitor their exercise intensity using both heart rate checks (Karvonen's formula) and the Borg Scale of Perceived Exertion
- c. modify any exercise to better meet their fitness level, physical strengths, or limitations
- ^Jd.* demonstrate knowledge of appropriate warm-up, cardiovascular, muscular endurance, and cool-down activities by leading a short segment of the class
- e. describe safe exercise practices

EVALUATION METHODS

- a. Attendance/Participation 50%
(2 marks per class in which the student participates)
- b. Leadership Activity - lead segment of class 20%
or discuss "fit tip" topic
- c. Final Written Exam 30%

TOPICS TO BE COVERED

- 1. Heart Rate
- 2. Modifying intensity
- 3. Purpose of a Warm-up

4. Warm-up cont
5. Purpose of a Cool-down
6. Cool-down content

*Shin Splints"

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8. F.I.T.T. Formula
9. Abdominal Exercises - How to do them safely
10. Abdominal Shape - Spot Reduction
11. Hip Exercises and safety
12. Leg Exercises and safety
13. Arm exercises and safety
14. Back care exercises
15. Pelvic Floor
16. Prenatal Concerns
17. Aging and exercise tips
18. Exercise and risk of degenerative disease, i.e. cardio vascular
19. Exercise and osteoporosis
20. Nutrition Tips - Hydration
21. Nutrition Tips - energy balance
22. Nutrition Tips - Canada Food Guide
23. Nutrition Tips
24. Gimmick Devices
25. Student Topic
26. Student Topic
27. Student Topic
28. Student Topic
29. Student Topic
30. Student Topic

LEARNING ACTIVITIES

RESOURCES

Upon successful completion of the course, the student will be able to

- | | |
|--|---------------|
| 1.1 demonstrate Karvonen's formula for finding heart rate and Borg's Scale for monitoring heart rate | mini lecture |
| 1.2 demonstrate intensity modification techniques | mini lecture |
| 1.3 describe the purpose of a warm-up | mini lecture |
| 1.4 demonstrate a warm-up | demonstration |
| 1.5 describe the purpose of a cool-down | mini lecture |
| 1.6 demonstrate a cool-down | demonstration |
| 1.7 discuss causes of "shin splints" and methods of avoiding them | mini lecture |
| 1.8 apply the F.I.T.T. formula to exercise prescription for cardiovascular fitness, muscular strength, muscle endurance, and flexibility | hand-out |

	1.9 demonstrate safe abdominal exercises	demonstration
	2.0 discuss the myth of spot reduction	mini lecture
#	2.1 demonstrate and discuss safe hip exercises and identify dangerous variations	mini lecture
	2.2 demonstrate and discuss safe leg exercises and identify dangerous variations	mini lecture
	2.3 demonstrate and discuss safe arm exercises and identify dangerous variations	mini lecture
	2.4 demonstrate and discuss back care exercises	mini lecture
	2.5 describe the exercise needs of the pelvic floor	mini lecture
	2.6 list most serious fitness modifications for pregnant powvVxeA^ewvV^	mini lecture
	2.7 describe the effects of exercise on aging	mini lecture
	2.8 describe how exercise reduces the risk of degenerative diseases	mini lecture
	2.9 describe the bodysneed for water	mini lecture
	3.0 describe the energy balance theory	mini lecture
	3.1 describe Canada's Food Guide	hand out
	3.2 discuss gimmick devices such as, abdominizer, gut buster, etc.	mini lecture

COLLEGE GRADING POLICY

90 - 100% = A+

80 - 89% = A

70 - 79% = B

60 - 69% = C

59% and under = R (Repeat)

NOTES

Students will receive 2% for each class in which they participate,