

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: FITNESS III

Code No.: REC 215

Program: CORRECTIONAL WORKER

Semester: THREE

Date: SEPTEMBER 1990

Author: ANNA MORRISON

APPROVED: 71 (Jf^jLaOAtJP

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Fitness III
Instructor: A. Morrison

REC 215

PHILOSOPHY/GOALS

This is a program with three primary goals. One to focus on the maintenance of physical fitness levels suitable for individual health and prevention of injury during regular correctional worker tasks and during self-defence training. Two, to cover a variety of defensive techniques relevant to the field of corrections. Three, to receive certification in C.P.R.

STUDENT PERFORMANCE OBJECTIVES

Upon successful completion of this course the student will be able to:

1. Design and perform an exercise routine three times per week that includes all components of fitness.
2. Critique and alter an exercise program design to meet optimal personal fitness levels based on fitness test scores.
3. Achieve 60% or more on the formal standardized testing.
See Appendix A B C...
4. Achieve a score of 60% by being able to perform 6 out of 10 defensive techniques perfectly or by achieving a 60% score on all 10 tests.
5. Meet standards in order to receive a C.P.R. certificate.

TOPICS TO BE COVERED

Self Defence - Block
- Holds
- Releases
- Escort Techniques

Fitness-Fitness Testing Procedures and Optimal Values

Programs for increasing speed, flexibility and strength

Guidelines for exercise routines for maintenance of fitness levels

Method of critiquing plan and altering program design to meet optimal personal fitness levels

C.P.R. program

Fitness III
A. Morrison

EVALUATION METHODS

- | | | |
|----------------------------|----------------------------|-----------------------------|
| 1. Assignments | 70-79% = B | 80+ = A |
| 2. Fitness Test | 60-74 = B | 75+ = A |
| 3. Self Defence Techniques | 6-8 Techniques Perfect = B | 9-10 Techniques Perfect = A |
| 4. C.P.R. | Pass = A | |
| 5. Attendance | 80% = B | 90+% = A |

To achieve a final grade of A+ you must have obtained an A in all evaluation areas.

A final grade of A will be given if you obtain an A in four of the five evaluation areas.

A final grade of B will be given if you obtain at least a B in all areas.

R is given if you fail to obtain a minimum of B in each of five areas.

COLLEGE GRADING POLICY

90-100% = A+

80- 89 = A

70- 79 = B

60- 6y = C

Below 60= R (Repeat Course)

Note: For this course, a passing grade must be achieved in each area of evaluation to complete this course, i.e. Students must achieve a B on fitness testing, assignments, self defence and attendance.

REQUIRED STUDENT RESOURCES

C.P.R. Manual - Available in the Book Store

Self Defence Handouts will be provided

ADDITIONAL STUDENT RESOURCES

"Joy of Flex" by Gareth Llewlllyn and Greg Poole - on reserve

"Physical Fitness a Way of Life" by Bud Getchell - on reserve

SPECIAL NOTES

Fitness testing is booked only once. Those who miss the test will receive a mark of (0) unless they have a medical note on prior approval. In cases where a medical note was received or prior approval was granted previous test scores will be used or students can arrange to be fitness tested in another program.

POSH UPS

| | | 29 and under | | 30 and over | |
|-------------|----|--------------|-------|-------------|-------|
| | | Men | Women | Men | Women |
| Superior | 20 | 46 | 40 | 39 | 36 |
| | 19 | 44 | 38 | 37 | 34 |
| Excellent | 18 | 41 | 35 | 34 | 31 |
| | 17 | 39 | 33 | 32 | 29 |
| | 16 | 37 | 31 | 31 | 28 |
| Above Averg | 15 | 35 | 29 | 29 | 26 |
| | 14 | 33 | 26 | 26 | 24 |
| | 13 | 30 | 23 | 23 | 21 |
| Average | 12 | 28 | 20 | 21 | 19 |
| | 11 | 26 | 18 | 19 | 17 |
| | 10 | 23 | 16 | 18 | 14 |
| Below Averg | 9 | 21 | 14 | 16 | 12 |
| | 8 | 19 | 12 | 14 | 10 |
| | 7 | 17 | 10 | 12 | 9 |
| Poor | 6 | 16 | 9 | 11 | 7 |
| | 5 | 15 | 8 | 10 | 6 |
| | 4 | 13 | 6 | 8 | 4 |
| | 3 | 12 | 5 | 7 | 3 |
| | 2 | 10 | 4 | 6 | 2 |
| | 1 | 8 | 2 | 3 | 1 |

SIT UPS

| | | Under 30 | | 30 and over | |
|-------------|----|----------|-------|-------------|-------|
| | | Men | Women | Men | Women |
| Superior | 20 | 54 | 47 | 47 | 40 |
| | 19 | 52 | 45 | 45 | 38 |
| Excellent | 18 | 50 | 43 | 43 | 36 |
| | 17 | 48 | 41 | 41 | 34 |
| | 16 | 46 | 39 | 39 | 32 |
| Above Averg | 15 | 44 | 37 | 37 | 30 |
| | 14 | 42 | 35 | 35 | 28 |
| | 13 | 39 | 33 | 33 | 26 |
| Average | 12 | 36 | 30 | 30 | 23 |
| | 11 | 34 | 27 | 28 | 21 |
| | 10 | 32 | 24 | 26 | 19 |
| | 9 | 30 | 22 | 23 | 17 |
| | 8 | 28 | 20 | 21 | 14 |
| | 7 | 27 | 18 | 19 | 12 |
| | 6 | 23 | 16 | 17 | 10 |
| | 5 | 21 | 14 | 15 | 8 |
| | 4 | 19 | 12 | 13 | 6 |
| | 3 | 17 | 10 | 11 | 4 |
| | 2 | 15 | 8 | 9 | 2 |
| 1 | 13 | 6 | 7 | 1 | |