

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 1992 Previous Date: SEPTEMBER 1991
Instructor: COLLEEN CROWLEY-STROM

APPROVED: HASLW-'
 Kitty DeRosario, Dean
 School of Human Sciences and
 Teacher Education

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fitness III

instructor: C. Crowley-Strom

PHILOSOPHY/GOALS

This is a course with three primary goals: One, to focus on the maintenance of physical fitness levels necessary for optimal health and prevention of injury during regular correctional worker tasks and 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 training for all of the components of fitness.
2. Critique and modify an exercise program design to achieve optimal personal fitness levels (based on fitness test scores).
3. Achieve 50% or more on the formal standardized fitness testing.
4. Describe personal weapons, vulnerable areas of the body, principles that aid success in self-defense, escorting techniques, releases, cuffing and searching techniques.
5. Demonstrate blocks, defensive foot striking techniques, releases, client escort techniques, falling techniques, stances, and control techniques.
6. Meet standards in order to receive a C.P.R. certificate.

TOPICS TO BE COVERED

Self Defence - Blocks

- Holds
- Releases
- Escort Techniques

Fitness Testing Procedures and Optimal Values

Programs for increasing flexibility, muscular strength and endurance, and cardiovascular endurance.

Guidelines for long-term maintenance of fitness levels

Methods of critiquing and modifying exercise program design to achieve optimal personal fitness levels

fC.P.R. program

- '3.3 Set up a method of evaluation of their personal program
- 3.4 Devise a system of reward to increase motivation to stick with program Assignment II includes Learning Activities 3.5
- 3.5 Critique and modify an exercise program to meet optimal personal fitness levels (based on fitness test results and on personal goals)
- 4.0 Fitness Test**
Upon successful completion of this unit, students will be able to:
- 4.1 Achieve 50% on a fitness test including:
 . sit-ups (Muscular Endurance)
 . grip strength (Muscular Strength)
 . 12 minute run (Cardiovascular Endurance)
 . sit and reach (Flexibility)
- 5.0 **C.P.R.**
Upon successful completion of this unit, students will be able to: Cardiopulmonary Resuscitation Basic Rescuer Manual
- 5.1 Identify risk factors associated with heart disease pg. 5
- 2 Describe the anatomy of the circulatory and respiratory systems pg. 7,8
- 5.3 Identify symptoms of coronary artery disease pg. 9
- 5.4 Identify a heart attack and a stroke pg. 10,11
- 5.5 Demonstrate one rescuer CPR, infant CPR, rescuing a choking victim with a complete airway obstruction, reviving an unconscious victim with complete airway obstruction pg. 16-33

EVALUATION METHODS

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| 1. Assignments | 10% |
| 2. Fitness Test | 50% |
| 3. Self Defence Techniques | 30% |
| 4. Self Defence Theory | 10% |
| 4. C.P.R. (Must complete Certification to receive a credit in this course) | |

COLLEGE GRADING POLICY

- 90-100% = A+
- 80- 89 = A
- ,70- 79 = B
- 0-69 = C
- Below 60= R (Repeat Course)

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
"Self Defence" Ontario Police College - copies available from instructor

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 or 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.

SPECIAL NEEDS NOTES

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged }to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.