

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO

**COURSE OUTLINE**

Course Title: FITNESS I

---

Code No.: REC 106 Semester : ONE

---

Program: CORRECTIONAL WORKER

---

Author: COLLEEN CROWLEY-STROM, B.P.H.E.

---

Date: SEPTEMBER 1993 Previous Outline Date: JANUARY 1993

---

APPROVED:

  
K. DeRosario, Dean  
School of Human Sciences and  
Teacher Education

Date 6,-Ct . \* /£S  
/ ^

## **I. COURSE DESCRIPTION**

The intent of this course is to provide students with skills and knowledge in a variety of fitness activities which will contribute to physical fitness as a way of life. By developing a high level of fitness the student will enhance the probability of gaining and fulfilling a position in his/her chosen field.

## **II. COURSE OBJECTIVES**

Upon successful completion students will be able to:

- a) identify and apply the FITT formula, principles of training, and monitoring techniques to their personal fitness routine.
- b) describe the physical, and psychological benefits of physical fitness.
- c) demonstrate basic skills in a wide variety of lifelong sports and recreational activities, such as: volleyball, badminton, weight training, fitness walking/jogging, cycling, aerobics, ...
- d) demonstrate proper warm-ups, cool-downs, and safe exercise practices.
- e) demonstrate understanding of weight training principles by creating their own program.
- f) Assess the value of a new exercise by identifying the exercise's effectiveness as well as any special precautions associated with it.
- g) demonstrate knowledge of healthy and effective weight (fat) management techniques.
- h) apply sound nutritional practices related to physical fitness.
- i) demonstrate that they have made a personal commitment to regular exercise by participating in the following standardized fitness tests:
  1. 12 Minute Run (Cardiovascular Endurance)
  2. Sit and Reach (Flexibility)
  3. One Minute of Sit-ups (Muscular Endurance)
  4. Grip Strength (Muscular Strength)
  5. Maximum Lifts (Muscular Strength)

### **IMPORTANT:**

For safety reasons, some individuals with genetic conditions or permanent disabilities resulting from injuries will be tested with alternate test measures. Example: Modified curl-ups in place of full sit-ups. It is important that you inform the instructor of your need for alternate fitness tests and/or recreational activities as soon as possible.

'Fitness and Recreation  
Instructor: C. Crowley-Strom

REC 106

### III. TOPICS TO BE COVERED

1. Introduction to Fitness and Health
2. Benefits of Fitness
3. Motivation to stick with Fitness
4. Muscular Strength and Muscular Endurance
5. Cardiovascular Endurance
6. Flexibility
7. Weight control and Nutrition (Body Composition)

### IV. LEARNING ACTIVITIES

#### 1.0 Introduction to Fitness

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

- |  |  |
|--|--|
|  | Unless otherwise indicated on page reference refer to the required text, pg. 5-7 |
| 1.1 Explain how the definition of health has changed   |  |
| 1.2 Identify the 6 dimensions of wellness and how to enhance each of them                          | lecture notes  |
| 1.3 Describe how the major causes of death and disease are changing                                | pg. 26-27  |
| 1.4 Define health-related and performance related fitness  | pg. 9-10   |
| 1.5 Describe the components of fitness related to health and the components related to performance | pg. 9-10 and lecture notes   |
| 1.6 Describe the FITT Formula of exercise prescription   | lecture notes  |
| 1.7 Describe tests for each component of health-related fitness                                    | lecture notes and gym demonstration  |
| 1.8 Describe and demonstrate the Why and How of a proper warm-up and cool-down                     | lecture notes and gym demonstration  |

#### 2.0 Benefits of Fitness

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

- |  |                             |
|--|-----------------------------|
| 2.1 Identify the risk factors of cardiovascular disease  | pg. 31-35                   |
| 2.2 Identify how regular cardiovascular exercise can reduce the risk of cardiovascular disease   | pg. 64-69 and lecture notes |
| 2.3 Identify the role exercise may play in managing and/or preventing other chronic diseases such as asthma, low back pain, osteoarthritis, osteoporosis, and cancer | pg. 90 - 104                |

### 3.0 **Motivation**

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

- 3.1 Identify what is required to begin and stick with an exercise program pg. 108
- 3.2 List the most common reasons for dropping out of an exercise program pg. 109
- 3.3 Describe motivational strategies to help you stick with your exercise program pg. 117 - 123 and class discussion

### 4.0 **Muscular Strength and Endurance**

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

- 4.1. Describe the many specific benefits of weight training Handout-Weight Training For Beginners
- 4.2 Describe and demonstrate concentric and eccentric muscular contractions pg. 197
- 4.3 Define agonist and antagonist muscle groups pg. 198
- 4.4 Discuss the strength development of men compared to women pg. 204
- 4.5 Discuss the role of anabolic steroids as well as their potential dangers lecture notes and in-class discussion
- 4.6 Describe why the statements on the beginner weight training manual are myths or fallacies Handout "Weight Training for Beginners"
- 4.7 List safety tips that one should follow when lifting weights pg. 216 and lecture material
- 4.8 Identify and locate the major muscle groups of the body and demonstrate weight training exercises and stretches for each of them Handout "21 Important Muscles for Weight Training"
- 4.9 Explain the Principles of Conditioning such as specificity, adaptation, progressive overload, maintenance, use/disuse, rest, and ceiling effect Handout "Weight Training for Beginners" and lecture notes

jFitness and Recreation  
Instructor: C. Crowley-Strom

REC 106

## 5.0 Cardiovascular Fitness

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

- |     |   |   |
|-----|---|---|
| 5.1 | Define and differentiate between anaerobic and aerobic activities             |   |
| 5.2 | Describe the production of energy by both aerobic and anaerobic processes     | Pg. 129   |
| 5.3 | Demonstrate how to determine your target heart rate zone for exercise         | pg. 145-147, in class lecture material, gym demonstration |
| 5.4 | Demonstrate the ability to take your pulse rate to monitor exercise intensity | in-class demonstration                                    |

## 6.0 Flexibility

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

- |     |  |                                       |
|-----|--|---------------------------------------|
| 6.1 | Describe factors limiting flexibility                                    | Pg. 242                               |
| 6.2 | Describe the relationship between flexibility and lower back pain        | pg. 242                               |
| 6.3 | Compare static vs dynamic stretching                                     | Pg. 244, 137                          |
| 6.4 | Describe proprioceptive neuromuscular facilitation stretching techniques | Pg. 137                               |
| 6.5 | Describe high-risk flexibility exercises                                 | pg. 139-144<br>in-class demonstration |

## 8.0 Weight Control and NUTRITION

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

- |     |   |   |
|-----|---|---|
| 8.1 | Define body composition   | pg. 287   |
| 8.2 | Define essential and storage fat  | Pg. 287   |
| 8.3 | Describe the relationship between body composition and wellness   | pg. 290 and lecture notes                         |
| 8.4 | Explain the many effects of exercise on body composition and fat management   | pg. 292-298, lecture notes and video "Fit or Fat" |
| 8.5 | Compare the effectiveness of exercise combined with healthy eating, versus dieting alone, as weight loss techniques | pg. 301 and lecture notes                         |
| 8.6 | Describe the guidelines that should be followed by the underweight when they attempt to gain weight                 | pg. 302   |
| 8.7 | Discuss the guidelines for healthy eating   | pg. 261-282                                       |
| 8.8 | Describe the 6 basic nutrients and list sources of each of them   | pg. 261-282 and lecture notes                     |

## V. ASSIGNMENTS

1. Design a safe and balanced personal weight training program. To meet your goals include at least 8 different free weight and/or universal exercises. The date of exercise, training load, number of reps and number of sets should be clearly written. State your training goals, whether you are working on muscular strength and/or muscular endurance, and describe all of the muscles being trained in each exercise. After following your program for 2 weeks, do maximum lifts for each exercise. Calculate the percentage of maximum that you are training with for each of your exercises. (10%)
  
2. Presentation on 1 muscle (assigned by instructor). Include the muscle's location, action, 2 strengthening exercises and 1 stretch.(time limit of one minute). Submit in written form.(5%)
  
3. Submit weight training maximum lift tests for each of the following exercises using the "Men's" Universal Equipment:
  1. Leg Press (knees at 90°)
  2. Lat Pulldown
  3. Chest Press
  4. Shoulder Press 5%
  5. Seated Row (use the Green Machine  
if you can lift whole stack on universal)

## VI METHODS OF EVALUATION

Assignments and in-class project	20%
Physical Fitness Test Participation	10%
Written Test	20%
Weight Training Test	20%
Written Final Exam	30%

### **Note:**

Attendance is critical to this course!

Only 3 absences will be allowed. After 3 absences one mark (1%) will be deducted for each missed class.

### **Note:**

If you miss a written test or a scheduled fitness test without a physician's note, you will get a mark of zero.

^fc Fitness and Recreation

REC 106

^^ Instructor: C. Crowley-Strom

**NOTE:**

Late assignments will be penalized 10% per day. Assignments will not be accepted beyond 7 days after the due date.

**VII. REQUIRED STUDENT RESOURCES**

Frank D. Rosato, "Fitness and Wellness: The Physical Connection"  
(Available in College Book Store)

**VIM. COLLEGE GRADING POLICY**

90-100% = A+

80- 89% = A

70- 79% = B

60- 69% = C

Below 60 =R (Repeat Course)

**SPECIAL NEEDS**

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

**NOTE**

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