

#689 HSTE.002

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 1993

Previous Date: JANUARY 1993

Instructor: COLLEEN CROWLEY-STROM

NEW:

REVISED: X

APPROVED:

Kitty DeRosario, Dean
School of Human Sciences and
Teacher Education

DATE 7

Fitness III
Instructor: C. Crowley-Strom

REC 215

COURSE DESCRIPTION:

This course will enhance the student's knowledge and skills related to the lifelong pursuit of fitness and high level wellness. Participation in a variety of training methods will enable the student to increase and maintain his/her fitness level, as reflected by his/her performance on health-related tests of fitness. Students will also gain knowledge and skills in self-defense, stress management, and cardiopulmonary resuscitation.

STUDENT PERFORMANCE OBJECTIVES:

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

- a. design and follow a personal fitness program which will improve or maintain each of the five components of fitness.
- b. achieve a minimum of 50% on the standardized health-related fitness tests by participating in regular fitness activities both in class and out of class.
- c. demonstrate skills and knowledge of several health-related issues which are especially pertinent to the field of Corrections.
- d. learn and apply self defense theory and techniques relevant to the field of Corrections.
- e. meet standards in order to receive a C.P.R. certificate.

TOPICS TO BE COVERED

1. Personal Fitness Program Design
2. Training Methods and Exercise Prescription
3. Health-related Issues Pertinent to the Corrections Field
4. Self Defence Theory and Techniques
5. C.P.R. Theory and Techniques:

LEARNING ACTIVITIES

1.0 Personal Fitness Program Design

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

- 1.1 describe personal fitness goals in specific and measurable terms
- 1.2 describe personal motivational techniques to help make fitness a lifelong pursuit
- 1.3 describe methods to improve or maintain each of the five components of fitness
- 1.4 apply principles of training including adaptation, progressive overload, specificity and rest to his/her personal fitness program
- 1.5 participate in fitness testing and modify his/her personal fitness program according to his/her results on the following fitness tests: 12 minute run/walk, timed sit-ups, sit and reach, and grip strength.

2.0 Training Methods and Exercise Prescription

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

- 2.1 demonstrate knowledge and skills in a variety of cardiovascular training methods by participating in the following:
running/jogging/brisk walking; cycling (lower and upper body ergometers); rowing; step aerobics; and cardio. circuit training
- 2.2 demonstrate knowledge and skills in a variety of exercises for increasing muscular strength, muscular endurance, and flexibility by participating regularly in weight training, circuit training, calisthenics, and stretching exercises
- 2.3 demonstrate knowledge of exercise alternatives for those with specific needs/conditions, such as the aging or obese exerciser, and those with osteoarthritis and lower back injuries
- 2.4 explain how cross-training helps to avoid overuse injuries and increase motivation
- 2.5 perform proper warm-up and cool-down activities before and after all fitness/recreational activities

LEARNING ACTIVITIES

3.0 Health-related Issues Pertinent to the Corrections Field.

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

- 3.1 demonstrate knowledge and skills related to the prevention of lower back pain
- 3.2 demonstrate knowledge of the causes and cures of "creeping obesity"
- 3.3 demonstrate knowledge and skills related to the effective management of stress for those exposed to stressful working environments

4.0 Self defense Theory and Techniques

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

- 4.1 knowledge of the principles that aid self defense
- 4.2 knowledge of the vulnerable areas of the body
- 4.3 knowledge of personal weapons
- 4.4 knowledge of pressure points
- 4.5 natural and defensive stances
- 4.6 Blocks
 - a) high
 - b) outward
 - c) downward
- 4.7 defenses against kicking attacks
 - a) kick defense with foot
 - b) leg trap with hands
- 4.8 Releases from choke holds
 - a) front choke
 - b) wrist take down - one-hand shirt grab
 - c) rear choke with hands
 - d) rear choke with arm (headlock)
- 4.9 Striking techniques
 - a) jab
 - b) reverse jab
- 4.10 Foot striking techniques
 - a) front snap kick
 - b) side kick
- 4.11 Defenses against weapon attacks
 - a) overhead attack
 - b) thrusting attack
 - c) slashing attack
- 4.12 Escort techniques
 - a) finger come along
 - b) arm bar
- 4.13 Control techniques
 - a) overhead break

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5.0 **C.P.R.**Cardiopulmonary
Resuscitation Basic
Rescuer ManualUpon successful completion of this unit,
students will be able to:

- | | | |
|-----|---|------------|
| 5.1 | identify risk factors associated with heart disease | page 5 |
| 5.2 | describe the anatomy of the circulatory and respiratory systems | page 7,8 |
| 5.3 | identify symptoms of coronary artery disease | page 9 |
| 5.4 | identify a heart attack and a stroke | page 10-11 |
| 5.5 | demonstrate one rescuer CPR, two rescuer CPR, infant CPR, rescuing a choking victim with a complete airway obstruction, reviving an unconscious victim with a complete airway obstruction | page 16-33 |

EVALUATION METHODS

- | | | |
|----|---|-----|
| 1. | Fitness Program Design Assignment | 10% |
| 2 | Fitness Testing | 45% |
| 3 | Fitness/Health Written Test | 10% |
| 4 | Self Defence Performance Test | 30% |
| 5 | C.P.R. Theory Assignment | 5% |
| 6 | C.P.R. (students must complete the entire program and receive certification to fulfill requirements and receive credit in this course) | |

Note:**Fitness Testing Format:**

12 minute run	20%
Timed sit-ups	10%
Sit and Reach	10%
Grip Strength	5%

45~%

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.

COLLEGE GRADING POLICY

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

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REQUIRED STUDENT RESOURCES

C.P.R. Manual - Available in the Book Store
Self Defense and other handouts will be provided

ADDITIONAL STUDENT RESOURCES

"Fitness and Wellness, The Physical Connection" by Frank Rosato

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.

Individuals with permanent physical disabilities can be tested with alternative fitness tests. Identification of these needs must occur as early as possible. Depending on the nature of the disability, the instructor will determine if a medical document must accompany the request for alternative testing procedures.

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