

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS IV

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CODE NO.: REC 225

SEMESTER: IV

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PROGRAM: CORRECTIONAL WORKER

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AUTHOR: ANNA MORRISON

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DATE: FEBRUARY, 1990

PREVIOUS OUTLINE DATED: XXXXXXXXX

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APPROVE  
CHAIRPERSON

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FITNESS IV

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TOTAL CREDIT HOURS

PREREQUISITES) :

I. PHILOSOPHY/GOALS:

The emphasis in this program is on improving and maintaining personal fitness levels. Students will design and maintain their personal fitness program by choosing a cardiovascular activity, muscle fitness exercises and flexibility exercises appropriate to their workout each day. Class activities will include aerobics, weight training, circuit training, running and various sports. Topics covered will include weight control, behaviour modification, fad diets, nutrition, fitness principles, maintenance of fitness levels, fitness testing procedures and benefits of fitness.

II. STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course the student will:

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. Fitness levels as assessed by Canada Standardized Fitness Tests through a 12-minute run, push-ups, sit-ups, sit-reach and grip strength.
4. Improve fitness scores on five additional fitness tests that they chooses from seven optional tests.
5. Identify fitness benefits related to lifelong health and career goals.

**III. TOPICS TO BE COVERED:**

1. Fitness Principles
2. Designing a Personal Fitness Routin^
3. Maintaining Fitness Levels
4. Role of Fitness in your Career
5. Fitness Testing Procedures and Values for the Following Tests:
  - . 12 minute run
  - . one minute push-up
  - . one minute sit-up
  - . sit and reacri
  - . grip strengthOptional Tests
  - . 1.5 mile run
  - . 3 mile walk
  - . flexibility test
  - . strength test
  - . step test
  - . bike test
6. . body fat improvement  
Weight Control Program
  - . Goals
  - . Baseline
  - . Behaviour Modification
  - . Role of Exercise
  - . Nutritional Assessment
  - . Fad Diets
  - . Ten Most Common Eating Problems
  - . Success and Failure
  - . Body Fat Measures

**LEARNING ACTIVITIES**

**REQUIRED RESOURCES**

Weight Training Program	Hand out provided "Weight Control"
Personal Program	Various Charts Available from Instructor
Fitness Testing	
Three mile walk	Every Body's Fitness Book
12 minute cycling Test	Every Body's Fitness Book
12 minute run	New Aerobics
Maximum Strength	Discovering Lifetime Fitness
Flexibility	Discovering Lifetime Fitness
1.5 mile run	Ontario Police College Standards
Sit and Reach	Ontario Police College Standards
Push-up	Canadian Standardized Test of Fitness
Sit-up	Canadian Standardized Test of Fitness
Step Test	Canadian Standardized Test of Fitness

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**V. EVALUATION METHODS:**

Fitness Test 1 - 12 min. run, sit-ups, push-ups, sit & reach, grip strength	20%
Fitness Test 2 (same as test 1)	35%
Optional Test Five - students choice	25%
Personal Program Design Assignment	10%
Assignment-Fitness Benefits Related Lifelong Health and Future Career	10%

**Assignment I**

By February 12th, student will had in a design for thei- personal fitness routine plan from February 12th up to their first general fitness test on March 19th, 20th, 24th. Starting fitness measurements should be included.

Following the fitness test, student will critique and adjust their design with the intent of achieving better results by May 13th.

This assignment will be evaluated on the basis of plan content (all components of fitness), execution (how well the student sticks to the plan), results (fitness test scores), critique and validity of design adjustments.

**Assignment II**

Due March 2nd. Students will hand in a work assignment on the following topic: Fitness Benefits Related to Lifelong Health and Future Career. Students must choose their own project title which reflects their papers content.

**VI. REQUIRED STUDENT RESOURCES**

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**VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY;**

Book Section

Periodical Section

Audiovisual Section

**VIII. SPECIAL NOTES**

Students may design their weekly workouts by including the scheduled class activity and/or cycling, jogging strength training, circuit training and calisthenics.

A student's needs assessment will determine scheduled class activities.

Students are expected to exercise all components of fitness three times a week at the following times:

Monday 4:30  
Tuesday 10:30  
Friday 10:30

Since this is the minimum requirement for fitness, any missed sessions must be made up in the week they are missed if decent fitness scores are expected.

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Fitness test dates will be posed early in the program. No make-up dates will be available. Only the first five test scores will be considered. Students are encouraged to self test prior to test date to determine expected score. Testing procedures are available in the resource list.

In the case of **injuries and permanent special needs**, components of the general fitness test may be altered. This must be requested early and written into the students exercise design.