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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 JANUARY 1993

Previous Date: SEPTEMBER 1992

Instructor: COLLEEN CROWLEY-STROM

NEW:

REVISED: X

APPROVED:

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Kitty DeRosario, Dean
School of Human Sciences and
Teacher Education

DATE:

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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 development and 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 Cardio Pulmonary Resuscitation (CPR)

STUDENT PERFORMANCE OBJECTIVES

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

1. Design and perform an exercise routine a minimum of 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, and principles that aid success in self-defense.

Demonstrate stances, blocks, defensive foot striking techniques, releases, falling techniques, client escort techniques, and control techniques.

6. Meet standards in order to receive a C.P.R. certificate.

TOPICS TO BE COVERED

1. Programs for improving flexibility, muscular strength, muscular endurance, cardiovascular endurance, and body composition.
2. Circuit Training and Cross Training for muscular and aerobic fitness.
3. Guidelines for long-term maintenance of fitness levels
4. Fitness Testing Procedures and Optimal Values
5. Methods of critiquing and modifying exercise program design to achieve optimal personal fitness levels
6. Self Defence Theory and Techniques
7. C.P.R. Theory and Techniques:
 - 1 man CPR
 - 2 man CPR
 - child and infant CPR
 - Conscious and Unconscious
 - Obstructed airways in Adults, children and infants

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f LEARNING ACTIVITIES

- 1.0 Fitness** (includes topics 1 through 5)
Upon successful completion of this unit the student will be able to do the following:
- 1.1 Demonstrate knowledge and skills in techniques for improving flexibility, muscular strength, muscular endurance, and body composition.
 - 1.2 Participate during in-class fitness activities including: Warm-ups, 12 minute runs, cardio circuit training, weight training, circuit training, sit-ups, curl-ups, push-ups, and cool-downs.
 - 1.3 Design and follow a personal fitness program which will improve or maintain all of the five components of fitness
 - 1.4 Participate in fitness testing and modify his/her personal fitness program according to his/her test results. Fitness testing will include: 12 minute run/walk (cardiovascular, endurance), grip strength (muscular strength), sit-ups (muscular endurance), sit and reach (flexibility)
- 2.0 Self defense Theory and Techniques**
Upon successful completion of this unit the student will be able to demonstrate:
- 2.1 Knowledge of the principles that aid self defense
 - 2.2 Knowledge of the vulnerable areas of the body
 - 2.3 Knowledge of personal weapons
 - 2.4 Knowledge of pressure points
 - 2.5 Natural and defensive stances
 - 2.6 Blocks
 - a) high
 - b) outward
 - c) downward
 - 2.7 Falling techniques
 - 2.8 defenses against kicking attacks
 - a) kick defense with foot
 - b) leg trap with hands
 - 2.9 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)
- 10 Striking techniques
- a) jab
 - b) reverse jab

LEARNING ACTIVITIES

- 2.11 Foot striking techniques
 - a) front snap kick
 - b) side kick
- 2.12 Defenses against weapon attacks
 - a) overhead attack
 - b) thrusting attack
 - c) slashing attack
- 2.13 Escort techniques
 - a) finger come along
 - b) arm bar
 - c) wrist lock to hammer lock
 - d) wrist come along and elbow break
- 2.14 Control techniques
 - a) prone position to handcuffing
- 3.0 C.P.R.
 Upon successful completion of this unit, students will be able to:
- 3.1 Identify risk factors associated with heart disease
- 3.2 Describe the anatomy of the circulatory and respiratory systems
- 3.3 Identify symptoms of coronary artery disease
- 3.4 Identify a heart attack and a stroke
- 3.5 Demonstrate one rescuer CPR, two rescuer CPR, infant CPR, rescuing a choking victim with a complete airway obstruction, reviving an unconscious victim with complete airway obstruction

Cardiopulmonary
 Resuscitation Basic
 Rescuer Manual

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EVALUATION METHODS

- 1. Fitness Program Design Assignment 10%
- 2. Fitness Testing 50%
- 3. Self Defence Performance Test 30%
- 4. C.P.R. Theory Assignment 10%
- 5. C.P.R. (students must complete the **entire program and receive certification to fulfill requirements and receive credit in this course**)

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.

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COLLEGE GRADING POLICY

90-100% - A+
80- 89 = A
70- 79 = B
60- 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.

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.