

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: PHYSICAL FITNESS

Course No. : REC 106

Program: LAW & SECURITY ADMINISTRATION/CORRECTIONAL WORKER

Semester: FIRST

Date : SEPTEMBER 1988

Author: RUTH VESTERBACK

New: X Revision:

APPROVED;

ChairDerson

N. KOCH

Date

COURSE OUTLINE: REC 106 Physical Fitness
INSTRUCTOR: Anna Morrison

COURSE DESCRIPTION:

The intention of this course is to provide students with skills and knowledge in a variety of activities which have lifelong appeal and fitness benefits. The course focuses on the assessment and improvement of the students' physical fitness and improvement of their knowledge of fitness principles that will enhance their ability to achieve their personal fitness goals.

CONTENT:

A rigorous, regular workout regimen will be expected from each student. Students will be tested twice per semester on five fitness components: 12 minute run, push-ups, sit-ups, sitting reach, per cent body fat. The goal is to work towards achievement of Ontario Police College (O.P.C.) entry level standards. The course will include a lecture component and physical fitness activities, which will include running, weight training, badminton, volleyball, circuit training, and aerobics.

OBJECTIVES

Students will be able to:

1. apply biomechanical and physiological principles of physical fitness in developing a fitness program.
2. identify the important components of physical fitness programs as they relate to health problems.
3. participate in weekly circuit training, aerobic activities to improve their physical assessment scores.
4. demonstrate skills in a wide variety of lifelong sports and recreational activities.
5. apply sound nutritional practices related to physical fitness.

EVALUATION

Attendance	30%
Physical fitness testing	40%
Fitness portfolio/written report	10%
Mini quizzes	20%

""Attendance is mandatory in this course. Classes may be made up by attending noon fitness at the college at a rate of one mark for each class. It is up to the student to cover course content missed.

RESOURCES

Physical Fitness, A Way of Life; Third edition, Bud Bretchell

"Available in the College Book Store - \$21.75

"Other resources, handouts, etc., will be provided.