

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: FITNESS III

Code No.: REC 215

Program: LAW & SECURITY ADMINISTRATION

Semester: THIRD

Date: SEPTEMBER 1989

Author: ANNA MORRISON, B.P.E.

New: X Revision:

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FITNESS III

REC 215

Course Title

Course No.

Instructor: Anna Morrison

COURSE DESCRIPTION

The emphasis in the program is on developing physical fitness knowledge, personal fitness levels, and knowledge of self-defence. Physically demanding workouts in the gym, swimming sessions, and self-defence sessions will be used to improve fitness levels.

COURSE OBJECTIVES

After completing this course, students will be able to:

1. demonstrate basic skills and techniques in self-defence,
2. develop an attitude conducive to effective and enlightened law enforcement (honesty; wait - time is on your side; be prepared to justify action; deaccelerate force, show empathy),
3. participate and demonstrate a basic proficiency in various swimming strokes and techniques,
4. identify the important components of a physical fitness program and apply it to a personal fitness maintenance program,
5. improve physical fitness levels according to the Ontario Police College (O.P.C.) entry level standards.
6. Improve muscular strength as assessed by bench press, leg press, and shoulder press scores.
7. Demonstrate basic tennis skills and rules of play.

CONTENT

As much as possible, this will be an applied course. One third of the time will be spent in the gym, one third at the Y.M.C.A., and one third will be self-defence. Two fitness tests will be scheduled.

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STUDENT EVALUATION METHODS

Stroke Proficiency 15%

Self-Defence Technique/ Theory 30%

Physical Fitness Test 30%

Participation 15%

Tennis Skill/Theory 10%

LEARNING RESOURCES

"Get Strong". Cook, Brian and Stewart, G.

Handouts will be distributed throughout the program.

COLLEGE GRADING POLICY

90 - 100% = A+

80 - 89% = A

70 - 79% = B

60 - 69% = C

Below 60 = R (Repeat Course)