

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

COURSE OUTLINE


Course Title: FITNESS I

Code No.: REC 106 Semester : One

Program: LAW AND SECURITY ADMINISTRATION

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Date: SEPTEMBER 1990 Previous Outline Date: SEPTEMBER 1989

APPROVED:  Qj^ £1 A tA/4/^

DATE:  jLJuzr/ra

Fitness and Recreation
Instructor: A. Morrison

REC 106

COURSE DESCRIPTION

The intent of this course is to provide students with the skills and knowledge in a variety of fitness activities which will have lifelong appeal and fitness benefit, and will contribute to physical fitness as a way of life.

COURSE OBJECTIVES

Upon successful completion students will be able to:

- a) identify and apply principles of training, FITT formula, and monitoring techniques to their personal fitness routine (through written tests and three portfolio examples).
- b) describe the physical, physiological, and psychological values of physical fitness.
- c) demonstrate skills in a wide variety of lifelong sports and recreational activities.
- d) identify activity, specific warm-ups, precautions, fitness benefits and in some cases basic rules of play for volleyball, badminton, cycling, jogging, and weight training.
- e) demonstrate understanding of weight training principles by setting up their own program.
- f) discriminate between the risk/benefit relationship of a new exercise to access its value by identifying the exercise's inherent dangers and special precautions.
- g) participate during in-class, self-directed learning tasks and other class activities as assessed by spot checks of on-task activity.
- h) apply sound nutritional practices related to physical fitness.
- i) demonstrate that they have made a personal commitment to regular exercise by improving their fitness scores on the following standardized test:
 - 1. 12 minute run
 - 2. sit - reach
 - 3. one minute sit-up test
 - 4. one-minute push-up test

IMPORTANT:

For safety reasons, some individuals with genetic problems or permanent disabilities resulting from injuries will be tested with alternate test measures such as the **3 mile walk test** or **Modified curl-up test**.

COURSE CONTENT

<u>Lecture/Discussion</u>	Gyjn	# of classes
15 hours	30 hours	
Benefits of Fitness	Running Technique	
Components of Fitness	Muscle Endurance - Considerations for Safety	
FITNESS Formula	Running & Muscle Endurance	8
Monitoring Techniques (Heart rate, talk test, sweating, etc.)	Fitness Test	2
Assessing Personal Fitness	Weight Training-Universal	1
Precautions & Safety	Universal	1
Setting up a weight training program	Free weights	1
Examples of Training (overload, specificity, rest, use/disuse, adaptation, ceiling effect)	Circuit Training	
Designing warm-ups & cool downs	Aerobics	3
Human Anatomy for Fitness	Badminton	2
Muscle Mechanics	Floor Hockey	2
Exercise Analysis & Design	Volleyball *	3
Nutrition for Fitness	Fitness Testing	2
Weight Control		
Fad Diets		
Footwear/Stress Injuries		
Energy Systems		

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ASSIGNMENTS

1. Maintain a six day record of personal weight training program.
Including at least 10 different free weight and/or universal exercises.
Date of exercise, training load, number of reps and number of sets
should be clearly written.
Due: **November 2, 1990**
2. Using Assignment #1 answer the following questions. Examine your
personal program. Identify examples of Applications of "Principles of
Training". Describe three of these examples in the following manner:
 - a) restate the principle of training
 - b) identify where the example can be found in your personal program
 - c) explain why your example is an example of the principle of training you
have restatedDue: **November 9, 1990**
3. Weight training task sheets 1 & 2
Due: **November 23, 1990**
4. Exercise Design Worksheet
Due: **December 7, 1990**
5. An additional in-class assignment will be described during the anatomy
section. Students will do a short presentation of a muscle indicating
location, function and ways to exercise the muscle. (Students who are
absent may hand in this assignment in essay format. The late penalty
will apply.)

METHODS OF EVALUATION

Participation	30%
Assignments	20%
Final Fitness Test (Dec 2-7)	20%
Mid-Term Test week of Oct. 15	10%
Final Written Exam	20%

REQUIRED STUDENT RESOURCES**Individualized Fitness Programs**

, Vitale, Frank

Available in Campus Book Store, Approx. cost \$37.00

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*** Attendance is mandatory in this course. After the first 3 misses 2% will be lost for each class missed. All tests including mid-terms, finals and fitness tests are booked only once. Those individuals who miss the test will receive a mark of zero (0) unless they have a medical note or prior approval. In these cases previous test scores will be used.

COLLEGE GRADING POLICY

90-100% = A+

80- 89% = A

70- 79% = B

60- 69% = C

Below 60 =R (Repeat Course)

NOTE;

Late assignments will be penalized 2% per day. Assignments will not be accepted 7 days after the due date.