



SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: FITNESS III

Code No.: REC 215

Semester: THREE

Program: LAW AND SECURITY ADMINISTRATION

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APPROVED:

4/7/90

DATE:

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Fitness III
Instructor: A. Morrison

REC 215

I. PHILOSOPHY/GOALS

This is a program of regular exercise designed to improve the general physical condition of participants. It consists of running, strength training, circuit training, cycling, and flexibility exercises and competitive sports. Students are encouraged to take an active role in the design and monitoring of their personal fitness routine. Various issues related to fitness and health will be discussed.

II. STUDENT PERFORMANCE OBJECTIVES

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

- 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) Achieve 60% or more on the Ontario Police College standards
- 4) Meet optimal standards for strength as assessed by standards in "Discovering a Lifetime of Fitness"

III. TOPICS TO BE COVERED (content);

FITNESS TESTING PROCEDURES AND OPTIMAL VALUES

Fitness for the back

Programs for increasing speed, flexibility and strength

Circuit Training

Interval Training

IV. EVALUATION METHODS:

Assignments	30%
Fitness Test	40%
Alternate Fitness Tests	15%
Participation/Attendance	15%

V. REQUIRED STUDENT RESOURCES

There are no required resources.

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VI. ADDITIONAL STUDENT RESOURCES

Ontario Police College standards on bulletin board.

"Discovering Lifelong Fitness Concepts of Exercise and Weight Control"
by G.B. Dintman on reserve

"Joy of Flex" by Gareth Llewellyn and Greg Poole on reserve.

"Physical Fitness A Way of Life" by Bud Getchell on reserve.

VII. SPECIAL NOTES:

Participation is mandatory in this course. Each student is allowed three misses per term. After three misses, students will lose two (2) marks for every class missed.

Students must remain on task to receive participation marks._ Level of performance intensity may be as low or high as necessary to accommodate student's needs. During period of illness or injury an alternate program should be designed by student and approved by instructor. This must be done in writing and include dates it will cover.

Fitness Testing is booked once only. Those 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.

VIII. ASSIGNMENTS:

Assignment #1 10%

In one or two pages, reflect on fitness scores. What is good? What could be better? What steps are you willing to take to improve fitness scores? What activities will you continue to do because they resulted in a desirable fitness score? Due two weeks after fitness test #1.

Assignment #2 10%

Same as above. Due two weeks after the second fitness test.

Assignment #3 10%

In a short paper, 2-3 type written pages, double spaced, answer the following question. What are the benefits of fitness related to lifelong health and your future career? Due October 8.

Note: Assignments handed in 1-7 days late will be penalized. After 7 days assignments will not be accepted.