

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS

CODE NO. REC 215 SEMESTER: THREE

PROGRAM: LAW AND SECURITY ADMINISTRATION

AUTHOR: ANNA MORRISON

INSTRUCTOR: GREG CROWLEY-STROM

DATE: SEPTEMBER 1992 PREVIOUS OUTLINE DATED: SEPT. 1991

NEW: REVISED. _ X _

APPROVED: *Kitty DeRosario*
Kitty DeRosario, Dean
Human Sciences & Teacher Ed.

Date ///{CCS

1

FITNESS III REC 215

4^ Instructor: Anna Morrison

PHILOSOPHY/GOALS

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, and self-defense sessions will be used to improve fitness levels.

STUDENT PERFORMANCE OBJECTIVES

After completing this course, students will be able to:

1. demonstrate basic skills and techniques in self-defense
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. identify the important components of a physical fitness program and apply it to a personal fitness maintenance program
4. achieve at least 55% on physical fitness tests according to the Ontario Police College (O.P.C.) entry level standards
5. describe personal weapons, vulnerable areas of the body, principles that aid success of defense skills, escorting techniques, releases, cuffing and searching techniques

TOPICS TO BE COVERED

1. Blocks, Foot Strikes, Releases, Controls, Escorts, Searches, Handcuffing
2. Principles that aid in defence skills.
3. Maintenance of Fitness Levels - Creating an ongoing program to meet individual needs.
4. Strategies to improve fitness test results.

FITNESS III

REC 215

Instructor: Anna Morrison

LEARNING ACTIVITIES

REQUIRED RESOURCES

1.0 Self Defence

In class demonstration and lecture material
Self Defence Handbook

Upon successful completion of this unit, the student will be able to demonstrate:

- 1.1 Defensive Stance
- 1.2 The following Blocks. High Block, Forearm Block, Downward Block, "X" Block
- 1.3 Two kicking techniques: Front Snap Kick, Side Snap Kick
- 1.4 Falling techniques
- 1.5 Major Outer Reaping Throw
- 1.6 Rear Takedown
- 1.7 Releases form the following attacks
 - Front Strangle Attack
 - Rear Strangle Attack
 - Rear Strangle Attack - arm encircles throat
 - Head lock (from back)
 - Head lock (from front)
 - Knife/gun attack
 - Wrist Takedown
- 1.8** The following escorts:
 - Arm Bar
 - Hammer Lock
 - Finger Come-along
 - Wrist Come-along
- 1.9 Searching Techniques and Handcuffing Techniques

2.0 Self Defence Theory

Upon successful completion of this unit students will be able to describe:

- 2.1 Four escort techniques
- 2.2 Five releases or escapes
- 2.3 Principles that aid success
- 2.4 Searching and Handcuff techniques
- 2.5 Vulnerable areas of the body and personal weapons

FITNESS III

REC 215

Instructor: Anna Morrison

4.0 Fitness Testing

Upon successful completion of the course students will be able to achieve 55% on the following fitness tests:

1. 1.5 mile run
2. one minute of push-ups
3. one minute of sit-ups
4. sit and reach

(see standards on last page)

5.0 Maintaining Fitness Levels

Upon successful completion of the course students will be able to:

- 5.1 Modify their fitness routine to increase their fitness scores.
- 5.2 Maximize the results of their workouts by applying the **F.I.T.T.**
- 5.3 Supplement their in-class program with beneficial out of class activities that will result in improving fitness test scores.

FITNESS III

REC 215

Instructor: Anna Morrison

METHODS OF EVALUATION

| | |
|--------------------------------|-----|
| Self-Defence Technique Test #1 | 10% |
| Self-Defence Technique Test #2 | 20% |
| Sit-Ups | 10% |
| Push-Ups | 10% |
| Sit and Reach | 5% |
| 1.5 mile run | 25% |
| 3 mile run | 5% |
| Assignment | 5% |
| Bench Press | 5% |
| Lat Pull Down | 5% |

* Students will lose 1 mark per class after the first 2 missed classes.

** Students may earn 5% bonus marks by showing significant improvement on Fitness Testing (1% for each 3% increase on the OPC test)

COLLEGE GRADING POLICY

| | | |
|-----------|---|-------------------|
| 90 - 100% | = | A + |
| 80 - 89% | = | A |
| 70 - 79% | = | B |
| 60 - 69% | = | C |
| Below 60 | = | R (Repeat Course) |

REQUIRED STUDENT RESOURCES

None

SPECIAL NOTES

Students with special needs (e.g. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

FITNESS III

REC 215

Instructor: Anna Morrison

TESTING PROCEDURES

Self Defence Techniques

Test #1

Falling techniques (4)
All Blocks (6)
All Foot and Hand Striking Techniques (4)
Outer Reaping Throw
Wrist Takedown

(Students will be asked to demonstrate 4 skills that the instructor chooses)

Test #2

All Releases (5)
Arm Bar
Hammer Lock
Finger Come-along
Wrist Come-along
Searching Techniques
Cuffing Techniques

(Students will be asked to demonstrate 4 skills from the above list. The instructor will choose the skill.)

ASSIGNMENTS

In a 3 page typed paper describe your fitness plan. Make a weekly schedule including outside class activities that will ensure improvement on fitness testing. Make sure the principles related to the F.I.T.T. formula are considered. Assume that in class you will participate in at least one run per week and two sessions including sit-ups, push-ups, and flexibility). To be completed by the third week of classes. Date:_____.