

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS AND LIFESTYLE MANAGEMENT III

CODE NO.: REC 215 SEMESTER: THREE

PROGRAM: LAW AND SECURITY ADMINISTRATION

AUTHOR: ANNA MORRISON

DATE: SEPTEMBER 1995 PREVIOUS OUTLINE: SEPTEMBER 1994

NEW:

REVISED:

APPROVED:

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K. DeRosario, Dean
School of Human Sciences and
Teacher Education

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****NOTE: Do not discard this outline. It will be required by other educational institutions if you are attempting to obtain credit for this course.**

COURSE DESCRIPTION

This course provides learning experiences related to personal safety, physical fitness and wellness. Several topics will be explored including self defence theory, lower back care, disease prevention, stress management, healthy body image, and exercise alternatives for special populations. Through in-class fitness and self-defence training, as well as self-directed practice, students are expected to improve their level of fitness and their ability to perform self-defence techniques.

STUDENT LEARNING OUTCOMES

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

1. describe the trends in society which have, over time, made self-defence training an important life skill;
2. describe the ethical issues related to the use of self-defence techniques.
3. explain why continual learning and practice of self-defence techniques is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills;
4. describe the underlying principles and guidelines related to learning and using self-defence techniques;
5. demonstrate effective performance of self-defence skills in simulated in-class situations;
6. explain how self-image, attitudes, and behaviour relate to personal safety;
7. explain the relationship of body image to personal well-being and describe the forces in society and personal factors which determine one's body image;
8. demonstrate knowledge and skills related to the prevention and management of common muscle and joint injuries;
9. describe and apply knowledge and skills related to stress management and disease prevention;
10. demonstrate knowledge and skills in a variety of fitness training techniques which contribute to lifelong maintenance of fitness;
11. describe exercise alternatives for those with special needs, such as aging, obese, and unfit participants, and those living with chronic disease.

TOPICS TO BE COVERED

1. Training Methods and Exercise Prescription
2. Health Issues Related to Personal Safety
3. Self Defence Theory
4. Self Defence Techniques

LEARNING ACTIVITIES

1.0 Training Methods and Exercise Prescription

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

- 1.1 demonstrate knowledge and skills in a variety of cardiovascular endurance training methods eg. stepping, cycling, running, ...;
- 1.2 demonstrate knowledge and skills in a variety of muscular strength, muscular endurance, and flexibility training methods which enhance one's ability to perform self-defence techniques effectively;
- 1.3 demonstrate knowledge of exercise alternatives for those with specific needs/conditions, such as aging, obese, and unfit exercisers and those with osteoarthritis, osteoporosis, and lower back injuries;
- 1.4 explain how cross-training helps to avoid overuse injuries and increase motivation;
- 1.5 demonstrate skills in effective warm-up and cool-down activities before and after all fitness/recreational activities.

2.0 Health-Related Issues

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

- 2.1 describe the concept of body image and explain its importance to personal well-being;
- 2.2 demonstrate knowledge and skills related to the prevention of lower back injuries and other common muscle and joint injuries;
- 2.3 describe lifestyle behaviours that relate to the prevention and management of various chronic diseases and conditions such as cancer, osteoarthritis, osteoporosis, ...
- 2.4 describe lifestyle practices that relate to the prevention of sexually transmitted diseases;
- 2.5 demonstrate knowledge and skills related to the effective management of stress.

3.0 Self Defence Theory

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

- 3.1 describe the trends in society which have, over time, made self-defence training an important life skill;
- 3.2 describe the ethical issues related to the use of self-defence techniques;
- 3.3 explain why continual learning and practice of self-defence techniques is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills;
- 3.4 describe the underlying principles and guidelines related to learning and using self defence techniques;
- 3.5 explain how self-image, attitudes, and behaviour relate to personal safety;
- 3.6 explain the concept of "safe distance";
- 3.7 identify the vulnerable areas of the body;
- 3.8 identify the parts of the body that can be used as personal weapons.

FITNESS and LIFESTYLE MANAGEMENT III
Instructor: Anna Morrison

REC 215

COLLEGE GRADING POLICY

90 - 100% = A+
80 - 89% = A
70 - 79% = B
60 - 69% = C
BELOW 60% = R

REQUIRED STUDENT RESOURCES:

Text: "Fitness For Wellness" 3rd edition by Frank Rosato

Cassette Tape: "Letting Go of Stress, Effective Techniques for Stress Reduction and Relaxation", by Greenberg

NOTE: TESTING POLICY

INSTRUCTOR'S EXTENSION: _____

If you miss a **written test** or a **fitness test** without a physician's document you will get a mark of zero. You must provide your instructor with advance notice, in writing, if you need to miss a test. In the event of an emergency on the day of a test you must call your instructor to explain your absence. Immediately upon your return to the College, you must make arrangements with your instructor to make up the missed test, prior to the next scheduled class. Failure to comply with this policy will result in a zero grade for the missed test.

NOTE: Late Assignments

For each day that an assignment is late, ten percent will be deducted. Assignments will not be accepted after seven days beyond the due date.

SPECIAL NEEDS NOTE

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

Individuals with permanent physical disabilities can be tested with alternative fitness tests when possible. Identification of these needs must occur as early as possible. A current medical document must accompany the request for alternative testing procedures.

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

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4.0 Self Defence Techniques

Upon successful completion of this unit, the student should be able to demonstrate the following self defence skills:

- 4.1 natural and defensive stances
- 4.2 blocks:
 - 1. high
 - 2. forearm
 - 3. downward
- 4.3 defence against kicking attacks:
 - 1. kick defence with foot
 - 2. leg trap with hands - low X block
- 4.4 releases from attacks:
 - 1. one hand shirt grab - major outer reaping throw
 - 2. one hand shirt grab - wrist take down
 - 3. front strangle attack
 - 4. rear strangle attack
 - 5. rear strangle arm encircles throat
 - 6. headlock from front
 - 7. headlock from back
- 4.5 striking techniques:
 - 1. jab
 - 2. reverse punch (combination)
 - 3. palm heel
 - 4. knife hand
 - 5. front snap kick
 - 6. side kick
- 4.6 defence against weapons attacks:
 - 1. gun or knife in the back
- 4.7 escort techniques:
 - 1. finger come along
 - 2. arm bar
 - 3. wrist lock to hammer lock
 - 4. wrist come along and elbow break
- 4.8 control techniques: Prone position to handcuffing

RESOURCES:

4.1 - 4.8 Hands-on participation

EVALUATION METHODS

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| 1. | Written Tests and Assignments | 35% |
| 2. | Fitness Performance Tests | 30% |
| 3. | Self-Defence Performance Tests | 35% |

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