

I. COURSE DESCRIPTION:

This course builds on the knowledge and skills developed in Fitness and Lifestyle Management I, II and III. Learning activities will involve fitness assessment, exercise prescription and fitness program design, leadership roles and ongoing self-monitoring and evaluation of progress. These learning experiences combined with the knowledge and skills gained in the first three Fitness and Lifestyle Management courses will reinforce the student's ability to make positive lifestyle changes. Students are required to incorporate their knowledge and skills into daily living and participate in regular, vigorous activities outside of class time, in order to achieve a high level of fitness, overall wellness and successful performance on law enforcement specific fitness tests.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

This course addresses generic outcomes in: communication (1), interpersonal skills (5), analysis (12) and accountability (10, 11).

This course address the following Police Foundations Vocational Outcomes: 1) Act in a manner consistent with all relevant law and legislation and professional, organizational and ethical standards; 2) communicate accurately, persuasively and credibly to develop effective working relationships with individuals, groups and multi-disciplinary teams in order to achieve goals; 8) Make sound decisions based on an evaluation of situations; 9) Cope with stress and optimize fitness and wellness.

Upon successful completion of this course, the student will demonstrate the ability to:

1. Apply one's knowledge of fitness development by designing a personal fitness program that addresses the achievement of high level fitness, employment fitness standards as well as the maintenance of lifetime fitness.

Potential Elements of the Performance:

- Participate in PREP
- Design and implement a personal fitness program in response to fitness assessment results
- Apply one's knowledge related to the development and maintenance of fitness and design an effective personal fitness program which includes:
 - Appropriate warm-up and cool-down activities
 - Application of the F.I.T.T. formula of exercise prescription (Frequency, Intensity, Time and Type) for each component of fitness
 - Training for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition improvement or maintenance
 - Training that directly impacts one's performance on the PREP and PARE tests
 - Application of the principles of progressive overload, specificity and rest to ensure that one's fitness program enables the student to achieve the identified employment standards
- Complete training as outlined on personal fitness program.

2. Collect and record data related to fitness training and testing in order to monitor, evaluate and adapt one's personal fitness program.

Potential Elements of the Performance:

- Participate in fitness activities and fitness tests facilitated by your instructor and record one's performance in those activities
 - Note: students are required to complete a "Personal Training Record Sheet"
 - Maintain a personal file that includes:
 - Blood pressure results prior to PREP test and following PREP tests at 2 minute post testing and 10 minute post testing
 - Weekly Fitness Activities log
 - Attendance record
 - PREP scores
 - Check training weight to determine what percentage of 1RM the load has become every six weeks of training
 - Design new ways to overload weight training program at least every six weeks
3. Demonstrate an appropriate fitness level in accordance with Ontario Police Standards.

Potential Elements of the Performance:

- Demonstrate the PREP at 162 seconds with the Push Pull machine at 70 pounds
- Demonstrate the PREP Shuttle Run at a level of 6.5

III. TOPICS:

1. Exercise Prescription and Personal Fitness Program Design
2. Record Keeping and Self-Evaluation
3. Fitness Assessment

IV. EVALUATION PROCESS/GRADING SYSTEM:

Fitness testing 75%
In class Assignments 25%

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	0.00

CR (Credit)	Credit for diploma requirements has been awarded.
S	Satisfactory achievement in field /clinical placement or non-graded subject area.
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.
NR	Grade not reported to Registrar's office.
W	Student has withdrawn from the course without academic penalty.

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

Students enrolled in Police Foundations or Law and Security Administration programs will require a minimum of 60% (C) as a passing grade in each course.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.

V. SPECIAL NOTES:

Prior Learning Assessment:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will be given upon successful completion of the following:

- Completion of the fitness program design assignment
- Successful performance of the PREP and PARE tests at the level required for graduation from the Police Foundations Program.

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.