



**Vocational Learning Outcomes for Police Foundations MTCU 53008 addressed in PFP108:**

*A graduate has reliably demonstrated the ability to:*

VLO #3: be accountable for one's actions when carrying out all tasks.

VLO #4: develop and implement ongoing effective strategies for personal and professional development.

VLO #6: work co-operatively in multidisciplinary teams to achieve mutual goals.

**Vocational Learning Outcomes for Protection, Security and Investigation MTCU 53007 addressed in PFP108:**

*A graduate has reliably demonstrated the ability to:*

VLO # 5: work effectively as a member of a protection and security team.

VLO #8: monitor, evaluate and accurately document behaviours, situations and events.

VLO #9: develop and implement ongoing effective strategies for personal and professional development.

**Essential Employability Skills addressed for Police Foundations MTCU 53008 and Protection, Security and Investigation MTCU 53007 addressed in PFP108:**

Communication

Respond to written, spoken, or visual messages in a manner that ensures effective communication

Numeracy

Execute mathematical operations accurately

Interpersonal

Show respect for the diverse opinions, values, belief systems and contributions of others

Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals

Personal

Manage the use of time and other resources to complete projects

Take responsibility for one's own actions, decisions, and consequences

**I. COURSE DESCRIPTION:**

This course introduces the student to the concept of wellness and provides practical strategies for developing a healthy lifestyle. Topics include: positive lifestyle choices, self-management and behaviour change techniques, exercise prescription and fitness training methods. Through participation in hands-on learning experiences, students gain the knowledge and skills necessary to make positive lifestyle changes. If students choose to incorporate their knowledge and skills into daily living, they will see an overall increase in personal wellness and fitness, as well as improved performance on law enforcement specific physical performance tests.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

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

**1. Understand concepts of wellness and self-responsibility.**Potential Elements of the Performance:

- contrast the past definition of health with the contemporary concept of wellness
- explore the validity of the Statement "Health is a matter of choice"
- identify seven dimensions of wellness and behaviours which enhance each of them
- complete lifestyle inventories and self-examination exercises to gain information on one's level of wellness
- identify societal norms which do not promote wellness

**2. Apply behaviour management strategies to enhance personal wellness, improve job performance and ultimately increase career opportunities.**Potential Elements of the Performance:

- identify five stages of change that occur in the process of permanently changing a behaviour
- demonstrate skills in developing appropriate short and long term goals
- identify methods of dealing with obstacles and resistance that interfere with obtaining goals
- identify time management techniques which aid in the achievement of goals

3. **Demonstrate knowledge and skills related to the development of physical fitness.**

Potential Elements of the Performance:

- differentiate between health related and performance-related fitness
- define each of the five components of health related fitness
- outline the minimum exercise requirements necessary to improve each component of fitness by applying the “FITT Formula” of exercise prescription
- explain the importance of a warm up and cool down and describe the critical elements of both

4. **Demonstrate knowledge and skills related to cardiovascular endurance**

Potential Elements of the Performance:

- identify examples of aerobic activities which have the potential to increase cardio respiratory endurance
- explain the following principles of training: progressive overload, rest, maintenance and specificity
- identify the benefits of cardiovascular activity
- demonstrate the ability to program and use several different pieces of cardio equipment
- list advantages and disadvantages of various programs
- demonstrate knowledge of predicted maximum heart rate and training zone based on age and knowledge of fitness level
- utilize personal information in planning a specific program to meet police entrance standards
- identify advantages of cross training
- attempt a variety of aerobic activities and complete aerobic challenge to evaluate present aerobic condition

5. **Knowledge and skills related to weight training**

Potential Elements of the Performance:

- describe the many ways that muscular strength and muscular endurance training enhance wellness
- identify and apply several important safe exercise practices when weight training
- describe how to establish an ideal strength training weight for a beginner and for an experienced weight trainer
- identify major muscle groups
- identify weight training exercises for the major muscle groups

6. **Demonstrate knowledge and skills related to the development of flexibility**

Potential Elements of the Performance:

- describe how flexibility training enhances wellness
- describe the factors which limit flexibility
- compare the effects of static (passive) and dynamic (ballistic) stretching technique
- demonstrate safe and effective exercises which enhance flexibility for major muscle groups
- identify some common unsafe exercises and their safer alternatives

7. **Demonstrate knowledge of physical requirements in law enforcement**

Potential Elements of the Performance:

- identify general features of PREP, PARE, COPAT, POPAT, OPC or other BFOR tests
- identify other physical requirements of policing related to sight hearing and health

8. **Execute and modify personal fitness program that addresses the achievement of employment standards and lifetime maintenance of fitness**

Potential Elements of the Performance:

- choose a suitable fitness program and modify as needed
- apply the principle of progressive overload, specificity and rest to ensure that one's fitness program enables them to achieve the identified employment standards to make changes as needed to ones program
- accurately record adherence to program and document progression
- use critical thinking skills to change program as needed
- complete several fitness tests and use the information to plan or choose the fitness program that incorporates the necessary training to meet employment standards in the field of criminal justice.

9. **Demonstrate understanding of an appropriate fitness level in accordance with Ontario Police Standards**

Potential Elements of the Performance:

- attempt several cardiovascular tests such as the Shuttle Run, 1.5 mile run, 12 minute walk test or the bike ergometer test and evaluate fitness
- attempt the OPC component tests (push ups, curl ups, sit and reach, 1.5 mile run) and evaluate fitness
- demonstrate knowledge of common police tests and the most commonly failed components
- attempt and reflect on police tests such as the PARE or PREP tests

**III. TOPICS:**

1. A Wellness Way of Life
2. Behaviour Management
3. Introduction to Fitness
4. Exercise Prescription and Program Design
5. Cardiovascular fitness training and weight training
6. Fitness Assessment

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Course materials will be provided by the instructor.

**V. EVALUATION PROCESS/GRADING SYSTEM:**

<b>Written Test</b>	<b>25</b>
<b>In Class-Gym Assignments</b>	<b>75</b>
Fitness Principles Assignment	
Chest, Back and Legs Exercise Trials	
Finding a Training Weight Assignment	
5RM Assignment	
Program 1	
Program 2	
Cardio Challenges	
Fitness Testing Reflection Assignment	
BFOR test assignment	

---

**100%**

**Missed Tests**

All students who miss a test will receive a zero for the test. All students who miss inclass activities will receive a zero for that in class activity. Students who have official supporting documentation, such as a physician's certificate should discuss other options for course completion if a major illness or injury prevented them from completing at least 80% of their classes.

Students who are ill or injured but can come to school should discuss accommodations with their instructor. Alternate in class assignments or activities can be arranged for the student when injury or health interferes with physical participation. The intention of this opportunity is to help cover material when short term extenuating circumstances such as injury, illness and disability interfere with the students learning opportunity. For long term disability, special accommodations will be made to accommodate the needs of the student.

**The following semester grades will be assigned to students:**

<b>Grade</b>	<b><u>Definition</u></b>	<i>Grade Point Equivalent</i>
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	
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.	

If a faculty member determines that a student is at risk of not being successful in their academic pursuits and has exhausted all strategies available to faculty, student contact information may be confidentially provided to Student Services in an effort to offer even more assistance with options for success. Any student wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

**VI. SPECIAL NOTES:****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 in D2L and on the portal form part of this course outline.