



# COURSE OUTLINE

## PFP308

Prepared: Anna Morrison    Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

<b>Course Code: Title</b>	PFP308: LIFESTYLE MANAGEMENT III
<b>Program Number: Name</b>	1202: POLICE FOUNDATIONS
<b>Department:</b>	CRIMINAL JUSTICE
<b>Semester/Term:</b>	17F
<b>Course Description:</b>	<p>This course builds on the learning outcomes of Fitness and Lifestyle Management I and II which focus on wellness and the development of a healthy lifestyle.</p> <p>Topics include: positive lifestyle choices, self management and behaviour change techniques, managing stress and shift work, exercise prescription and group leadership. Through participation in in-class fitness activities and self-directed fitness training, students will work towards improving their fitness level and meeting the employment standards on law enforcement specific fitness tests.</p>
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	PFP108
<b>Substitutes:</b>	CJS310
<b>This course is a pre-requisite for:</b>	PFP408
<b>Vocational Learning Outcomes (VLO's):</b>  Please refer to program web page for a complete listing of program outcomes where applicable.	#4. Develop and implement ongoing effective strategies for personal and professional development.
<b>Essential Employability Skills (EES):</b>	#1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience. #2. Respond to written, spoken, or visual messages in a manner that ensures effective communication. #8. Show respect for the diverse opinions, values, belief systems, and contributions of others.



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#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.  
#11. Take responsibility for ones own actions, decisions, and consequences.

**Course Evaluation:**

Passing Grade: 60%,

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments 2	20%
In Class Assignments 1	20%
Physical Fitness Testing/Practice	40%
Written Test 1	20%

**Course Outcomes and Learning Objectives:**

### Course Outcome 1.

Apply behaviour management strategies to enhance personal wellness, improve job performance, and ultimately increase career opportunities

### Learning Objectives 1.

- Use fitness test information to develop long and short term goals
- Complete a behaviour change contract/plan based on goals identified through self-evaluation

### Course Outcome 2.

Design, execute, monitor, and adapt a personal fitness program that addresses the achievement of employment standards

### Learning Objectives 2.

- Apply the above knowledge and skills related to the development of physical fitness and design  
an effective personal fitness program which include:  
- appropriate warm up and cool down activities  
- application of the F.I.T.T. formula of exercise prescription for each component of fitness (i.e.



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- frequency, intensity, time and type)
- training for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition improvement
  - Apply the principle of progressive overload, specificity and rest to ensure that one`s fitness program enables the student to achieve the identified employment standards
  - Execute the fitness program as designed
  - complete several fitness tests, record results and alter one`s fitness program appropriately in response to fitness results
  - describe alternate exercise practices to ensure lifetime fitness participation

### Course Outcome 3.

Demonstrate knowledge of content and protocol of a variety of employment readiness tests in criminal justice.

### Learning Objectives 3.

- Describe BFOR testing
- Identify major components and rules of PARE, PREP, Special Constable Selection, OPC and PEEL regional testing
- Identify the specific test for each police force
- Describe minimum fitness requirements to be successful at each test.

### Course Outcome 4.

Demonstrate leadership qualities and skills when setting up and participating in class activities

### Learning Objectives 4.

- Arrive on time, participate fully
- Help with equipment
- Participate in team building activities as a leader and participant observer
- Relay information to team members
- Take initiative to begin training/warm-ups
- Acts in a manner that encourages fellow classmates
- Take action in the planning and execution of a training program outside of class time



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### **Course Outcome 5.**

Identify and apply the concepts related to stress and stress management to one's personal life and specific stressors related to Criminal Justice

### **Learning Objectives 5.**

- Define the terms stress and stressor
- Define and give examples of eustress, distress and optimal stress
- List stressors in daily life
- Describe the kinds of stress law enforcement personnel face
- Describe the short and long term harmful effects of too much stress as well as the effects of chronic exposure to stress
  - Contrast Type A, Type B and Type C behaviour patterns and modification techniques
  - Explain the role exercise can play in managing stress
  - Explain what a critical incident is, how it can cause stress for law enforcement personnel, and how the stress should be handled.
    - Identify the factors that affect responses to critical incidents
    - Explain what post-traumatic stress disorder is, how to recognize someone suffering from it, and what you can do to help an individual
      - Explain how the following lifestyle behaviours/characteristics impact our experience of stress: eating habits, time management, alcohol, drugs and cigarette use, sleeping habits, satisfying relationships, seeking help and support of others, balancing work and play
        - Identify stress and coping strategies related to critical incidence
        - Describe and demonstrate stress management techniques such as box breathing, heart math, meditation, yoga

### **Course Outcome 6.**

Identify the physiological, psychological and social effects of shift work and describe coping strategies.

### **Learning Objectives 6.**

- Describe trends in the workforce related to non-traditional hours
- Identify the effects of shift work



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- Describe the importance of sleep
- Identify coping strategies like manipulating diet, light, physical activity, power napping and using your circadian rhythm to your advantage

### **Course Outcome 7.**

- Develop and implement personal strategies to manage personal fitness effectively

### **Learning Objectives 7.**

- Maintain a training record
- Maintain a personal training program including all components of health related fitness
- Graph fitness test results

### **Course Outcome 8.**

Demonstrate an appropriate fitness level in accordance with Ontario Police Standards or demonstrate improvement on Ontario Police Standards testing

### **Learning Objectives 8.**

- Demonstrate the PREP at obstacle course at 2 min and 37 seconds with the Push Pull machine at the minimum load of 70 pounds and a 7 on the shuttle run or describe the type of training required to complete this test successfully given the students ability at the present time
  - Demonstrate the PARE at 4 minutes and 45 seconds with the Push Pull machine at the minimum of 70 pounds or describe the type of training required to complete the PARE test successfully given the students ability at this time
    - demonstrate ability to press, pull and squat a total of 600 lbs (males) or 450 lbs (females) for a 5 repetition maximum or demonstrate the ability to design and implement a program to achieve this goal given the present scores of the student
    - demonstrate improvement on all or portions of the PREP, PARE, Special Constable Selection (OPC) or 5RM testing

### **Course Outcome 9.**

Demonstrate a knowledge of back care theory and practical strategies to protect that back



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## Learning Objectives 9.

- Identify the inherent risks to the back associated with a career in Criminal Justice
- Describe best practice when it comes to lifting and protecting the back in daily movement activities
  - Demonstrate core exercises for injury protection
  - Describe best practice related to workstation ergonomics

**Date:**

Wednesday, August 30, 2017

Please refer to the course outline addendum on the Learning Management System for further information.