

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title            PHYSICAL FITNESS II

Code No.:                REC 115

Program:                LAW & SECURITY ADMINISTRATION/CORRECTIONAL WORKER

Semester:                SECOND

Date :                    WINTER 1989

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New

Revision:

APPROVED:

Chairperson

Date

• Course Outline: Rec 115  
Program: LASA/CW

### COURSE DESCRIPTION

The emphasis this term is on developing leadership skills and improving physical fitness.

Students will receive instruction on communication, evaluation, program planning and delivery, and will get the opportunity to lead the group. All exercise classes will be designed to improve the general physical condition of the participant.

The program will include both indoor and outdoor winter activities.

### OBJECTIVES

The successful student will:

1. Understand the basics of leadership.
2. Be able to design, deliver and evaluate a recreational activity.
3. Recognize the role of recreational activities in rehabilitation.
4. Complete one fitness test which includes running, push-ups, sit-ups, and flexibility.
5. Enhance knowledge of fitness principles.

### CONTENT

As much as possible, this will be an applied course. A short segment of the course will be delivered through lectures and seminars and will provide a theoretical base of the philosophical and operational aspects of leadership practice. We will then apply these principles to two group tasks, one outdoor and one indoor physical/recreational activity.

Outdoor activities will include cross-country skiing, snow soccer, ice skating, and hockey. Indoor activities include weight training, running, aerobics, volleyball, circuit training, and ringette.

#### EVALUATION

A.	Leadership Presentations -	
	Presentation I	10%
	Presentation II	20%
		30%
B.	Fitness Test -	30%
	5 - Improvement	5%
	4 - Maintaining Score	
	3 - Dropping 2 Points	
	2 - Dropping 4 Points	
	1 - Dropping 6 Points	
	Total	15%
C.	Written Test -	
	Leadership Principles	
	Fitness Principles	25%
D.	Participation -	
	Attendance	10%

#### ATTENDANCE

Attendance is mandatory in this course. Participation and mini-task marks will be lost for missed classes in the following pattern:

<u>Number of Classes Missed</u>	<u>Marks Lost</u>
4	2
20	10

### ASSIGNMENTS

Two Leadership presentations -  
Written assignment includes:

1. Lesson plan.
2. Evaluation.
3. Changes to lesson plan for next time.

Leadership presentation write-up is due two weeks after presentation. Late assignments lose 10% per week.

### RESOURCES

A variety of materials will be held on reserve for this course under the following titles:

Anatomy  
Safety and Exercise Precautions  
Energy Systems  
Physiology  
Motivation  
Leadership