

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: FITNESS II

Code No.: REC 115

Program: LAW AND SECURITY ADMINISTRATION/
CORRECTIONAL WORKER

Semester: WINTER 1990

Date: JANUARY 1990

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New: X Revision:

APPROVED: K. DeRosario
Dean

Date

COURSE DESCRIPTION

The emphasis in the program is on developing physical fitness knowledge, personal fitness levels and skills in various lifelong sports. Physically demanding workouts in the gym, as well as, sport participation emphasizing badminton, tennis and cross-country skiing will be used to improve fitness levels. Physiological principles emphasizing development and maintenance of fitness levels will be covered. Sport rules and skills related to badminton, - tennis and cross-country skiing will be discussed and practiced. Students will develop a portfolio emphasizing maintenance of fitness levels.

COURSE OBJECTIVES

After completing this course, students will be able to:

1. Demonstrate basic badminton skills and rules of play.
2. Demonstrate an understanding of cross-country skiing - diagonal stride, herring bone climb, alternate poling, and double poling.
3. Demonstrate basic tennis skills and rules of play.
4. Demonstrate proper care of equipment (footwear, set-up, storage).
5. Identify physiological principles that are used to develop and maintain a personal fitness program.
6. Improve physical fitness levels according to Ontario Police College entry standards (for Law and Security Administration) and according to Canadian Standardized Fitness Testing (for Correctional students).
7. Improve muscular strength as assessed by bench press, leg press, shoulder press and grip strength tests.

FORMAT

One 2 hour and one 1 hour class each week in the gym, on the tennis court or in the field.

CONTENT

Fitness

Each class (2 hour or 1 hour) contains:

- 12 minutes Cardio
- muscle endurance and/or muscle strength
- flexibility

In addition to this, the 2 hour classes contain:

- badminton (5) sessions
- cross-country skiing (3) sessions
- tennis (5) sessions

Lecture/Discussion

Footwear
Equipment Care

Badminton

- serve, overhead clear, drop short smash, rules, scoring, court lines, faults, warm-ups.

Cross-country Skiing

- diagonal stride, alternate poling, double poling, waxing, storage and maintenance of equipment, kick and glide.

Tennis

- rules, equipment types, scoring, tennis etiquette, faults, warm-ups.

Fitness

- components of fitness
- principles of conditioning
- exercise anatomy
- advanced weight training principles
- physiology of exercise
- anabolic steroids

EVALUATION**Part 1**

Badminton/Circuit Training/Run

Personalized Program 14%

Badminton Games 15%

Part 11

Cross-country Skiing or Gym Workouts with Assignments* 6%

Fitness Test 15%

- * For individual with asthma or other lung disorders who have difficulty breathing in cold weather.

Part 111

Tennis/1.5 Timed Runs/Fitness Testing

Tennis.15%

Fitness Test.20%

Final Written Test.15%
(includes Badminton, Tennis, X-Country & Fitness Principles)

Participation

LEARNING RESOURCES

Handouts will be provided.

COLLEGE GRADING POLICY

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

NOTE; Individuals with physical disabilities can be tested for physical fitness with alternate tests such as the 3 Mile Walk Test or Modified Curl-up Test.