

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: TWO

Date: JANUARY 1991      PREVIOUS OUTLINE: JANUARY, 1990

Author: ANNA MORRISON

New:      Revision:

APPROVED:      Dean // Human sciences and  
Teacher Education

Date ***IM-***

### 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 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, team sports and cross-country skiing will be discussed and practiced.

### COURSE OBJECTIVES

After completing this course, students will be able to:

1. Demonstrate basic badminton skills and rules of play.
2. Demonstrate cross-country skiing skills
3. Demonstrate basic volleyball and basketball skills and rules of play.
4. Identify and apply physiological principles that are used to develop and maintain a person fitness program.
5. Improve physical fitness levels according to Ontario Police College entry standards (for Law and Security Administration students) or according to Canadian Standardized Fitness Testing (for Correctional Worker students).
6. Improve muscular strength as assessed by bench press, leg press, shoulder press and grip strength tests and two additional tests of the students choice.
7. Improve muscular endurance as assessed by recording greater numbers of reps on submaximal loads of the muscular strength test.

### FORMAT

Two classes per week in the gym one and half hours each.

Each class contains: Cardiovascular Training  
Muscular endurance and/or muscular endurance  
Flexibility  
Sport

Law and Security Administration students are required to record the following information on hall charts after each class:

Time for 1.5 mile run  
Number of push-ups in one minute  
Number of sit-ups in one minute

Correctional Worker students are required to record 12 minutes of cardio of their choice.

#### EVALUATION

The minimum requirements for a final score of one must be met in each of the following categories to receive a passing grade in REC115.

ACTIVITY	REQUIREMENT	SCORE
Badminton	complete 3 tournaments (min. 6 games).....	1
	complete 4 or more tournaments.....	2
Winter Sports	<u>Active participation</u> in 3 of 6 winter sports	1
	<u>Active participation</u> in 4 winter sports ....	2
Team Sports	Same as above	
Fitness Test	50% to 59%.....	1
	60% to 69%.....	2
	70% to 79%.....	3
	80% to 89%.....	4
	90 or greater.....	5
Muscular Strength	Improvement in 4 out of 8 tests.....	1
	Improvement in 6 out of 8 tests.....	2
Muscular Endurance	Improvement in 4 out of 8 tests.....	1
	Improvement in 6 out of 8 tests.....	2
Fitness Record	Record complete 10 of 17 days in class.....	1
	Record complete 14 of 17 days in class.....	2

#### GRADING POLICY

Final grade will be calculated in the following manner:

Score of 13 or greater - A+ (90 - 100%)  
Score of 11 or 12 = A (80 - 89%)  
Score of 9 or 10 = B (70 - 79%)  
Score of 7 or 8 = C (60 - 69%)  
Below 6 = R (Below 60 - repeat course)

#### SPECIAL NEEDS NOTES

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course and he/she deems necessary to meet the needs of the students.

Individuals with permanent physical disabilities can be tested for physical fitness with alternate fitness tests. Identification of these needs must occur as early as possible.