

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

**COURSE OUTLINE**

Course Title: FITNESS IV

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Code No.: REC 225

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Program: LAW & SECURITY ADMINISTRATION

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Semester: FOURTH

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Date: JANUARY 1991 Previous date: JANUARY 1990

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Author: ANNA MORRISON

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New: Revision;

Approved: t?Wqg> i)rfjtJ\pS>uJ~ Date: .IJLtV ?  
Kitty DeRosario, Dean  
School of Human Sciences  
and Teacher Education

Fitness IV (REC 225)  
Instructor: A. Morrison

### **COURSE DESCRIPTION**

The emphasis in the program is on developing physical fitness knowledge, personal fitness levels, and knowledge of self-defence. Physically demanding workouts in the gym, swimming sessions, and self-defense sessions will be used to improve fitness levels.

### **COURSE OBJECTIVES**

After completing this course, students will be able to:

1. demonstrate basic skills and techniques in self-defense,
2. develop an attitude conducive to effective and enlightened law enforcement (honesty; wait - time is on your side; be prepared to justify action; deaccelerate force, show empathy),
3. participate and demonstrate a basic proficiency in various swimming strokes and techniques,
4. identify the important components of a physical fitness program and apply it to a personal fitness maintenance program,
5. achieve at least 65% on physical fitness tests according to the Ontario Police College (O.P.C.) entry level standards
6. improve muscular strength as assessed by bench press, leg press, and shoulder press scores

### **CONTENT**

As much as possible, this will be an applied course. One third of the time will be spent in the gym, one third will be spent in the gym, one third at the Y.M.C.A., and one third will be self-defence. two fitness tests will be scheduled.

### **STUDENT EVALUATION METHODS**

Swim Stroke Improvement	10%
Self-Defence Technique/ Theory	30%
Physical Fitness Test	50%
Self improvement	10%*

\*The student will self evaluate and substantiate in writing their improvement. The students will give themselves a mark out of 10 based on the following criteria:

- adherence to their fitness program in and out of class
- weight loss (if necessary)
- attitude (honesty, enthusiasm, encouragement of classmates, fitness commitment)
- improvement on fitness tests

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The self evaluation is due March 29, 1991. It must be typed and double-spaced.

**COLLEGE GRADING POLICY**

A+ = 90-100%  
A = 80- 89%  
B = 70- 79%  
C = 60- 69%  
R = Repeat (Less than 60%)