

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS IV

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CODE NO.: REC225

SEMESTER: IV

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PROGRAM: LAW AND SECURITY ADMINISTRATION

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AUTHOR: ANNA MORRISON

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DATE: JANUARY, 1992

PREVIOUS OUTLINE DATED: JAN.91

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APPROVED: *UCAJAS-*  
DEAN, School of Human Sciences  
and Teacher Education

C^r ^ A^ *ZJL.*  
DATE

REC225

Fitness III

Instructor: A. Morrison

## **I. PHILOSOPHY/GOALS**

This is a program of regular exercise designed to improve the general physical condition of participants. It consists of running, strength training, circuit training, cycling, and flexibility exercises and competitive sports. Students are encouraged to take an active role in the design and monitoring of their personal fitness routine. Various issues related to fitness and health will be discussed. Students will complete a Basic Rescuer Program.

## **II. STUDENT PERFORMANCE OBJECTIVES**

Upon successful completion of this course the student will be able to:

1. Design and perform any exercise routine three times per week that includes all components of fitness.
2. Critique and alter an exercise program design to meet optimal personal fitness levels based on fitness test scores.
3. Achieve 60% or more on the Ontario Police College standards
4. Meet optimal standards for strength as assessed by standards in "Discovering a Lifetime of Fitness".
5. Demonstrate basic CPR technique

## **III. TOPICS TO BE COVERED (CONTENT)**

1. Fitness testing procedures and optimal values
2. Fitness for the back
3. Programs for increasing speed, flexibility and strength
4. Circuit Training
5. Interval Training

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#### **IV. EVALUATION METHODS**

Fitness Record	20%
Fitness Test (OPC Test)	50%
Alternate Fitness Tests (best of three)	15%
CPR	15%
Bonus (Attendance)	10%

#### **V. REQUIRED STUDENT RESOURCES:**

CPR Basic Rescuer

#### **VI. ADDITIONAL STUDENT RESOURCES**

Ontario Police College standards on bulletin board.

"Discovering Lifelong Fitness Concepts of Exercise and Weight Control" by G.B. Dintman on reserve.

"Joy of Flex" by Garety Llewellyn and Greg Poole on reserve.

"Physical Fitness, A Way of Life" by Bud Getchell on reserve.

#### **VII. SPECIAL NOTES**

Participation is mandatory in this course. Each student is allowed three misses per term. After three misses, students will lose two (2) marks for every class missed.

Students must remain on task to receive participation marks. Level of performance intensity may be as low or high as necessary to accommodate student's needs. During period of illness or injury an alternate program should be designed by student and approved by instructor. This must be done in writing and include dates it will cover.

Fitness testing is booked once only. Those who miss the test will receive a mark of zero (0) unless they have a medical note or prior approval. In these cases previous test scores will be used.

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#### **VI11.ASSIGNMENT**

Keep an ongoing record of running times and progress in one minute or push-ups and sit-ups. Record immediately after the activity. Values can not be placed on hall charts after class is over. Hand in a two page critique of your record and design a new program after fitness test #1.

#### **VII. SPECIAL NEEDS NOTE**

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 as he/she deems necessary to meet the needs of students.