

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

^Semester: TWO

Date: JANUARY 19 9 3 PREVIOUS OUTLINE: JANUARY, 1992

Author: ANNA MORRISON

New: Revision: X

APPROVED:

Dear, ~~Human Sciences~~ ^{JL^/LAS.^} and
Teacher Education

Date

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FITNESS II

INSTRUCTOR: A. Morrison

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.

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, seated row and lat pull down.
7. Maintain a record of progress in running, push-ups and sit-ups.

FORMAT

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

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

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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

EVALUATION

ESTIMATED NUMBER OF POINTS

Nutrition Test	5 points per class	10 points
Badminton Winter Sports Team Sports	1 point per day of active play	20 points
Muscular Strength	2 points per exercise on which improvement occurs	10 points
Fitness Record	Record in class run time push-ups, sit-ups, for 25 days at one point per day	25 points
Maintenance	4 points awarded for maintaining or improving previous fitness score	4 points
Improvement	1 point for every 15 seconds running time reduced 1 point for every 2 additional push-ups or sit-ups 1 point for every two additional cm reached	up to 15 pts
Fitness Test	1 point for every percent score on a fitness test	100 points
Intramural Sports or Tournaments	2.5 points each (College events only)	5 points max

GRADING POLICY

120-134 - C
135-149 - B
150-164 - A
165-190 - A+

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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 as 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.

Depending on the circumstances of the disability, the instructor will determine if a medical document must accompany the request for alternate testing.

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