

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: FITNESS IV

CODE NO.: REC225


SEMESTER: IV

PROGRAM: LAW AND SECURITY ADMINISTRATION

AUTHOR: ANNA MORRISON

DATE: JANUARY, 1993

PREVIOUS OUTLINE DATED: JAN.92

APPROVED: 
DEAN, School of Human Sciences
and Teacher Education

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REC225

Fitness IV

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 an 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 70% 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

Fitness Record	20%
1.5 Mile Run	25%
Sit-Ups	10%
Push-Ups	10%
Sit & Reach	5%
Max Lift Improvement	10%
Chin-Ups	10%
Timed Obstacle Course	10%
	100%

- * After the first two misses students will lose 1 mark per missed class.
- ** Students must complete CPR training to complete this course.
- *** Students may earn 5% bonus marks by showing significant improvement on Fitness Testing (1% for each 3% increase on OPC Test)

V. REQUIRED STUDENT RESOURCES:

CPR Basic Rescuer Handbook

VI. ADDITIONAL STUDENT RESOURCES

Ontario Police College standards on bulletin board.

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

VII. SPECIAL NOTES

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.

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.