

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

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COURSE TITLE: FITNESS II

CODE NO.: REC 115

SEMESTER: TWO

PROGRAM: LAW AND SECURITY ADMINISTRATION

AUTHOR: ANNA MORRISON

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K. DeRosario, Dean DATE ' '/  
School of Human Sciences and  
Teacher Education

**FITNESS AND LIFESTYLE MANAGEMENT II**  
**REC 115**  
**Anna Morrison**

**COURSE DESCRIPTION**

**This course provides an opportunity to further enhance knowledge and skills related to the achievement of high level fitness and wellness. Students will participate in a variety of cardiovascular training, weight trainings and sports in order to improve performance on several health-related tests of fitness. Through personal program design, record keeping , and continuous evaluation of progress, students are encouraged to become self-motivated in their pursuit of fitness and health. Several health-related topics will be covered including motivation, stress, nutrition, and the consequences of negative lifestyle choices.**

**STUDENT LEARNING OUTCOMES:**

**After successfully completing this course, students should be able to:**

- 1. Apply principles of conditioning related to the development and maintenance of personal fitness.**
- 2. Demonstrate and apply a variety of cardiovascular training techniques which will aid the achievement of adequate fitness and optimal wellbeing.**
- 3. Demonstrate and apply strength and flexibility exercises for the major muscle groups which will aid the achievement of adequate fitness and optimal wellbeing.**
- 4. Achieve a minimum score of 50% on a battery of standardized fitness tests.**
- 5. Identify barriers to successful participation in regular fitness activities and identify several motivational techniques to increase adherence.**
- 6. Define stress, and the "General Adaptation Syndrome", and identify several effective stress management techniques.**
- 7. Apply nutritional knowledge to analyze food intake and plan nutritionally balanced meals.**
- 8. Identify the consequences of negative lifestyle choices including sexually transmitted diseases.**
- 9. Demonstrate the ability to function as a contributing team member both in the role of leader and participant.**

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10. Demonstrate an attitude of tolerance towards individuals of different race, age, sex, ethnicity, and physical abilities.
11. Demonstrate basic skills in a variety of sports and recreational activities including activities that are appropriate for life long participation.
12. Record ongoing participation in fitness/recreational activities and modify activities in response to fitness test results.

**TOPICS TO BE COVERED:**

1. Motivational Strategies and Adherence to Fitness Programs
2. Record Keeping and Measurement of Progress
3. Fitness Training Principles and Techniques
4. Introduction to Stress
5. Nutrition and Meal Planning
6. Consequences of Negative Lifestyle Choices
7. Teamwork and Leadership Skills

**LEARNING ACnVrTIES:**

**RESOURCES:**

- |  |                          |
|--|--------------------------|
| 1.0 Motivational Strategies and Adherence to Fitness Programs  | Chapt. 2                 |
| Upon successful completion of this unit the student should be able to:   | of text                  |
| 1.1 Identify the differences between exercise dropouts and adherers  |                          |
| 1.2 Identify the barriers to regular participation in fitness activities   |                          |
| 1.3 Identify several motivational strategies to help initiate and maintain participation in fitness programs                             |                          |
| 2.0 Record Keeping and Measurement of Progress   |                          |
| Upon successful completion of this unit the student should be able to:   |                          |
| 2.1 Record in-class participation in cardiovascular, muscular strength, muscular endurance, flexibility, and recreational activities     | Record Keeping Sheets    |
| 2.2 Record out of class participation in cardiovascular, muscular strength, muscular endurance, flexibility, and recreational activities | Personal Fitness Journal |
| 2.3 Participate in regular fitness testing and record progress   | Record Keeping Sheets    |
| 2.4 Respond to fitness test results by modifying fitness activities  | Personal Fitness Journal |

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**LEARNING ACTIVITIES:**

**RESOURCES:**

**3.0 Fitness Training Principles and Techniques**

Upon successful completion of this unit the student should be able to:

- |   |          |
|---|----------|
| 3.1 Apply the following principles of training to a personal fitness program: progressive overload, specificity, rest and maintenance   | chapt. 3 |
| 3.2 Demonstrate knowledge of safe exercise practices by following guidelines for proper warm-ups and cool-downs, and by adhering to the many exercise precautions discussed in REC 106  | chapt. 3 |
| 3.3 J Demonstrate knowledge and skills in a variety of cardiovascular training techniques by participating in these activities both during and outside of scheduled fitness classes, (3 times per week minimum)                                       |          |
| 3.4 Demonstrate knowledge and skills in a variety of muscular strength, muscular endurance, and flexibility training techniques by participating in these activities both during and outside of scheduled fitness classes, (3 times per week minimum) |          |

**4.0 Introduction to Stress**

Upon successful completion of this unit the student should be able to:

- |   |          |
|---|----------|
| 4.1 Define stress   | chapt. 8 |
| 4.2 Explain the concept of stressors                                    |          |
| 4.3 Describe the three stages of the "General Adaptation Syndrome"      |          |
| 4.4 Describe the effects of chronic stress on one's health and wellness |          |
| 4.5 Describe effective techniques for managing stress                   |          |

**5.0 Nutrition and Meal Planning**

Upon successful completion of this unit the student should be able to:

- |  |   |
|--|---|
| 5.1 Identify the nutrient strengths and weaknesses of each of the four food groups                     | Lecture<br>Material and<br>Handouts     |
| 5.2 Identify examples of calorie-rich and nutrient-rich foods  | Handouts &<br>Appendix A<br>& B in text |
| 5.3 Analyze meals for fat, fibre, vitamin, and mineral content   |   |
| 5.4 Plan a healthy menu for five days, including breakfast, lunch, supper, and healthy snacks each day |   |

**LEARNING ACTIVITIES:****RESOURCES:****6.0 Consequences of Negative Lifestyle Choices**

Upon successful completion of this unit the student should be able to:

- 6.1 Describe the effects of some frequently abused drugs including tobacco, alcohol, cocaine, hallucinogens, heroin, and marijuana chapt. 11
- 6.2 Describe several sexually transmitted diseases
- 6.3 Explain the concept of "Safe Sex"

**7.0 Teamwork and Leadership Skills**

Upon successful completion of this unit the student should be able to:

- 7.1 Demonstrate the ability to function as a contributing team member while participating in a variety of sports and recreational activities in-class activities
- 7.2 Act as a team leader by leading a short fitness activity for the class
- 7.3 Demonstrate an attitude of tolerance towards individuals of different race, age, sex, ethnicity, and physical abilities while participating in a variety of sports and recreational activities
- 7.4 Demonstrate support and encouragement for team members during recreational and fitness testing activities

**METHODS OF EVALUATION:**

Performance on Fitness Tests	100 marks
Maximum Lift Improvement	10 marks
Fitness Level Maintenance/Improvement	10 marks
Written Tests and Assignments	45 marks
Record Keeping: Fitness Record (in-class)	20 marks
Sport Record (in-class)	10 marks (.5 marks per class)
Fitness/Recreation Journal	5 marks
	200 marks

**GRADING POLICY:**

- 180 to 200 marks = A+
- 160 to 179 marks = A
- 140 to 159 marks = B
- 120 to 139 marks = C
- < 120 marks = R (Repeat Course)

## **NOTES:**

### **1. Class Format: Two 1.5 hour classes per week**

**Each class will contain: warm-up activities**

**cardiovascular training, eg. running, stepping, cardio circuit,...  
muscular strength and muscular endurance training, eg. weight  
training and curl-ups  
sport or recreational activity, eg. indoor soccer  
flexibility training during cool-down activities**

### **2. Fitness Level Maintenance /Improvement:**

**Maintenance points will be awarded if you keep your total fitness scores on the pre and post fitness tests within a five point range. It is much more difficult and less important for those at a high level of fitness to improve. The marking scheme has been designed to reflect this fact.**

**If scores on both tests are between: 95 and 100 = 10 maintenance marks**

**90 and 94 = 9**

**85 and 89 = 8**

**80 and 84 = 7**

**75 and 79 = 6**

**70 and 74 = 5**

**65 and 69 = 4**

**60 and 64 = 3**

**55 and 59 = 2**

**50 and 54 = 1**

**Improvement points are earned by increasing your total fitness score using the following format:**

**Improve your total score by: 2% = 1 improvement point**

**4% = 2**

**6% = 3**

**8% = 4**

**10% = 5**

**12% = 6**

**14% = 7**

**16% = 8**

**18% = 9**

**20% = 10**

**Up to 10 Fitness Level Maintenance/Improvement marks can be earned using a combination of the above two tables. In order to improve your fitness level it is strongly recommended that you follow a personal fitness program three to seven days per week. Therefore, a large portion of the homework in this course is to workout outside of class time one to five times each week.**

**NOTES:**

3. Testing Policy: College #: 759-2554 Instructor's Extension: \_\_\_\_\_

The School of Human Sciences and Teacher Education testing policies apply to all fitness tests as well as written tests. Under exceptional circumstances such as illness, when supported by a physician's certificate, and at the discretion of the professor, arrangements may be made to make up a missed test or use previous test results. You must provide your instructor with advanced notice, in writing, if you need to miss a test. In the event of an emergency on the day of the test you must call your instructor to explain your absence. Immediately upon your return to the college, you must make arrangements with your instructor to make-up the missed test, prior to the next scheduled class. **Failure to comply with this policy will result in a zero grade for the missed test.**

4. Late Assignments:

For each day that an assignment is late, ten percent will be deducted. Assignments will not be accepted after seven days beyond the due date.

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

**SPECIAL NEEDS NOTES:**

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

Individuals with permanent physical disabilities can be tested with alternative fitness tests when possible. Identification of these needs must occur as early as possible. A current medical document must accompany the request for alternative testing procedures.