

## Course Outline

<b>Course Title:</b>	Fitness and Lifestyle Management I		
<b>Course Number:</b>	RECR3	<b>Approval Date:</b>	2018/9/13
<b>Course Hours:</b>	45 hours	<b>Academic Year:</b>	2018
<b>Academic School:</b>	School of Justice and Community Development		
<b>Faculty:</b>	Joshua Neadow - Joshua.Neadow@flemingcollege.ca Jodi Van Engen - jodi.van_engen@flemingcollege.ca Raymond D'Almeida - Raymond.DAlmeida@flemingcollege.ca Rebecca Stewart - Rebecca.Stewart@flemingcollege.ca		
<b>Program Co-ordinator or Equivalent:</b>	Christine O'Neill-Hawthorne - christine.oneill-hawthorne@flemingcollege.ca		
<b>Dean (or Chair):</b>	Martha Jansenberger - Martha.Jansenberger@flemingcollege.ca		
<b>Academic Planning and Operations Department:</b>	William Howe - William.Howe@flemingcollege.ca		

## Course Description

Society has come to recognize that physical fitness and wellness is essential to the enhanced quality of life. This course introduces the student to the concepts of physical fitness and provides the means to become fit and develop a healthy lifestyle. Students through practical experience will address the various components of fitness. The student will engage in an effective fitness program and develop strategies to be successful at the various police services fitness standards.

**Prerequisites:** None.

**Corequisites:** None.

## Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Apply the basics of fitness and wellness in order to meet minimum fitness standards for a career in Law and Justice

2. Demonstrate the mandatory physical requirements necessary for success in the Physical Ability Requirement Evaluation (PARE) Test, and the Physical Readiness Evaluation for Police (PREP) Test during application testing.

## Assessment Summary

Assessment Task	Percentage
Assignments	10%
Applied Learning	90%

## Student Success: Policies and Procedures

Mutually, faculty and learners will support and adhere to college Academic Regulations, and Student Rights and Responsibilities. The following policies and guidelines have been developed to support the learning process.

Please click on the link for information about:

- [Academic Integrity \(2-201A\)](https://department.flemingcollege.ca/hr/attachment/7750/download)  
(<https://department.flemingcollege.ca/hr/attachment/7750/download>)
- [Accessibility for Persons with Disabilities \(3-341\)](https://department.flemingcollege.ca/hr/attachment/5619/download)  
(<https://department.flemingcollege.ca/hr/attachment/5619/download>)
- [Grading and Academic Standing \(2-201C\)](https://department.flemingcollege.ca/hr/attachment/7752/download)  
(<https://department.flemingcollege.ca/hr/attachment/7752/download>)
- [Guidelines for Professional Practice: Students and Faculty](https://flemingcollege.ca/PDF/guidelines-for-professional-practice-students-faculty.pdf)  
(<https://flemingcollege.ca/PDF/guidelines-for-professional-practice-students-faculty.pdf>)
- [Student Rights and Responsibilities \(5-506\)](https://department.flemingcollege.ca/hr/attachment/269/download)  
(<https://department.flemingcollege.ca/hr/attachment/269/download>)

**Alternate accessible formats of learning resources and materials will be provided, on request.**

## Program Standards

The Ministry of Training, Colleges and Universities oversees the development and the review of standards for programs of instruction. Each college is required to ensure that its programs and program delivery are consistent with these standards, and must assist students to achieve these essential outcomes.

This course contributes to Program Standards as defined by the [Ministry of Training, Colleges and Universities](#) (MTCU). Program standards apply to all similar programs of instruction offered by colleges across the province. Each program standard for a postsecondary program includes the following elements:

- **Vocational standards** (the vocationally specific learning outcomes which apply to the program of instruction in question);
- **Essential employability skills** (the essential employability skills learning outcomes which apply to all programs of instruction); and
- **General education requirement** (the requirement for general education in postsecondary programs of instruction that contribute to the development of citizens who are conscious of the diversity, complexity and richness of the human experience; and, the society in which they live and work).

Collectively, these elements outline the essential skills and knowledge that a student must reliably demonstrate in order to graduate from the program. For further information on the standards for your program, follow the MTCU link ([www.tcu.gov.on.ca/pepg/audiences/colleges/progstan/](http://www.tcu.gov.on.ca/pepg/audiences/colleges/progstan/))

## Detail Plan

<b>Term:</b>	2018 Fall
<b>Faculty:</b>	Joshua Neadow - Joshua.Neadow@flemingcollege.ca Rebecca Stewart - Rebecca.Stewart@flemingcollege.ca
<b>Program Co-ordinator or Equivalent:</b>	Joseph Hays - joseph.hays@flemingcollege.ca
<b>Dean (or Chair):</b>	Martha Jansenberger - Martha.Jansenberger@flemingcollege.ca

## Learning Plan

<b>Wks/Hrs Units</b>	<b>Topics, Resources, Learning, Activities</b>	<b>Learning Outcomes</b>	<b>Assessment</b>
Week 1	Intro Class, Benchmarks	1,2,	Benchmark General Fitness
Week 2	Benchmarks	1,2	Benchmarks
Week 3	Training Workout	1,2	Completion of a Workout
Week 4	Training Workout	1,2	Completion of a Workout
Week 5	Training Workout	1,2	Completion of a Workout
Week 6	Training Workout	1,2	Completion of a Workout
Week 7	Mid Point Fitness Testing	1,2	General Fitness Mid Point Fitness Testing, Fitness Journal (5%)
Week 8	Training Workout		Completion of a Workout
Week 9	Training Workout	1,2	Completion of a Workout
Week 10	Training Workout	1,2	Completion of a Workout
Week 11	Training Workout	1,2	Completion of a Workout

<b>Wks/Hrs Units</b>	<b>Topics, Resources, Learning, Activities</b>	<b>Learning Outcomes</b>	<b>Assessment</b>
Week 12	Fitness Testing	1,2	Bench 1RM Test, Back Extension Test, 2.4 KM
Week 13	Fitness Testing	1,2	Hand Dynamometre Test, Push up Test, Flexibility Test
Week 14	Fitness Testing	1,2	Shuttle Run Test, PREP Test, Fitness Journal (5%)

## Assessment Requirements

<b>Assessment Task</b>	<b>Date/Weeks</b>	<b>Course Learning Outcome</b>	<b>Percentage</b>
General Fitness Testing (GFT) Pushups, Sit and Reach, Back Extension, Hand Dynamometer, 2.4KM, Bench 1RM,	12, 13, 14	1,2	60%
Job Simulation Testing (JST) PREP Test 20 Metre Shuttle Run	14	1,2	30%
Fitness Journal	7, 14	1,2	10%

## Exemption Contact

Jodi Van Engen

[jodi.van\\_enge@flemingcollege.ca](mailto:jodi.van_enge@flemingcollege.ca)

## Prior Learning and Assessment and Recognition (PLAR)

PLAR uses tools to help learners reflect on, identify, articulate, and demonstrate past learning which has been acquired through study, work and other life experiences and which is not recognized through formal transfer of credit mechanisms. PLAR options include authentic assessment activities designed by faculty that may include challenge exams, portfolio presentations, interviews, and written assignments. Learners may also be encouraged and supported to design an individual documentation package that would meet the learning requirements of the course. Any student who wishes to have any prior learning acquired through life and work experience assessed, so as to translate it into a college credit, may initiate the process by applying through the Registrar's office. For more information

please click on the following link: <http://flemingcollege.ca/admissions/prior-learning-assessment-and-recognition>

## Course Specific Policies and Procedures

It is the responsibility of the student to retain this course outline for future reference. Course outlines may be required to support applications for advanced standing and credit transfer to other educational institutions, portfolio development, PLAR and accreditation with professional associations.

Learners will be provided with opportunities for self-assessment and faculty assessment through fitness related testing. This course will have testing split into three evaluation components; General Fitness Testing (60%), Job Simulated Testing/Assignments (30%) and Fitness Journal (10%)

### **General Fitness Tests**

- A. Back Extension (10%)
- B. Flexibility (sit and reach) (10%)
- C. Push up (10%)
- D. 2.4 KM (10%)
- E. Hand Dynamometer (10%)
- F. Bench 1 RM (10%)

### **Job Simulated Testing / Assignments**

- A. PREP - (20%)
- B. 20 Metre Shuttle Run Test - (10%)

### **Fitness Journal**

- A. Fitness Journal - Weeks 1 - 14 (10%)

If a student misses an evaluation component they will receive a zero. If a student misses a test due to medical reasons they must follow the "Illness and Injury Policy" which is stated below.

In situations resulting in a student being unable to attend class due to medical reasons, the following steps must be taken.

### **Illness and Injury Policy – Return to Class**

1. Inform your instructor of any injury or illness immediately.
2. Obtain the necessary medical documentation and provide a copy to your instructor immediately. The document must be dated and signed by the health professional.
3. If injury or illness interferes with testing, the students' medical documentation must cover the specific testing dates in order to reschedule that test.
4. If the injury or illness requires long term rest, resulting in the student missing more than 6 classes, they must then set up a "**Back to Class**" meeting with their instructor before returning to regular class. In this meeting the student must provide the instructor with medical documentation indicating that they are cleared to return to class, and fully participate in physical activity. The student will also be required to fill out, and clear, a new Physical Activity Readiness Questionnaire (PAR-Q+) form.

### **Mandatory Attendance**

It is essential that you attend class in order to familiarize yourself with the health and safety of all physical tests. In order to participate in any final testing you must have no more than 6 absences. If you exceed this number you will not be permitted to complete any testing.

### **Rules of the Road**

All students taking this course are asked to adhere to the following rules when running during class.

1. Run in single file.
2. Run facing traffic - yield to oncoming traffic - move to the shoulder.
3. Run on sidewalks/paths where provided, or on edge of shoulder.
4. Run wearing visible or safety clothing associated with running.
5. Let faculty member know that you are back from the run.
6. When crossing at intersection cross with the traffic lights or if there are no lights cross only when the way is clear.
7. No headsets, Ipods, or earphones at any time. Any student caught wearing these devices will be asked to leave class. If this occurs during a running test, a mark of zero will be recorded for that student.

### **Wellness Centre Rules**

1. No outdoor shoes or marking shoes in the gym.

2. Shirts must be worn at all times (appropriate workout attire)
3. Must have student card when using the facility
4. Lockers are for day use only
5. No more than groups of three in the fitness area
6. Front desk staff and faculty are not responsible for keys, wallets or valuables.
7. Front desk staff are not responsible for messages for faculty.

All assignments will be marked and returned within 2 weeks of submission.

### **Faculty of Law & Justice, School of Justice & Business Studies**

#### **Standard Policy on Due Dates & Academic Integrity**

All assignments, tests, presentations, or reports are due on their stated due dates unless the student has made specific arrangements with the professor at least two days prior to the due date, or in the case of an emergency, on his/her return to school. Other than in the above conditions, an assignment, test, presentation or report not submitted/presented on the due date will receive a mark of zero (0).

#### **Academic Integrity:**

Students are expected to work individually on all aspects of each submission for evaluation unless otherwise specified. Each student has the responsibility to support academic integrity. Breaches of academic integrity (such as cheating and plagiarism) will normally result in a grade of zero for the test, quiz, or assignment involved. Any subsequent offence may result in the student being required to withdraw from the college. All breaches of academic integrity will be reported to the Director of Admissions and Records.