

Course Outline

Course Title:	Fitness and Lifestyle Management		
Course Number:	RECR3	Approval Date:	2025/1/4
Course Hours:	45 hours	Academic Year:	2024
Academic School:	Health and Community Services		
Faculty:	Dereck Farr - Dereck.Farr@flemingcollege.ca		
Program Co-ordinator or Equivalent:	Todd Hataley - Todd.Hataley@flemingcollege.ca		
Dean (or Chair):	Lisa Fenn - Lisa.Fenn@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.

Course Delivery Type

Face to face.

All course hours are delivered in person at the delivery location specified on the academic timetable.

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 policing.
2. Demonstrate the mandatory physical requirements necessary for meeting standards in the Physical Readiness Evaluation for Police (PREP) Test.

Costs for learning resources can be found on the Campus Store website, using the links below, or by visiting the Campus Store location at your campus.

- Sutherland: <https://www.bkstr.com/sfleming-sutherlandstore/home>
- Frost: <https://www.bkstr.com/sfleming-froststore/home>

Assessment Summary

Assessment Task	Percentage
Assignments	50%
Applied Learning	50%

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>)
- [Accessibility for Persons with Disabilities \(3-341\)](#)
(<https://department.flemingcollege.ca/hr/attachment/5619/download>)
- [Grading and Academic Standing \(2-201C\)](#)
(<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>)
- [Student Rights and Responsibilities \(5-506\)](#)
(<https://department.flemingcollege.ca/hr/attachment/269/download>)

If you will need academic accommodations (for example if you have a learning disability, mental health condition such as anxiety or depression or if you had an IEP in high school), please contact the [Accessible Education Services \(AES\)](#) department (<https://department.flemingcollege.ca/aes/>) to meet with a counsellor.

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

Program Standards

The **Ministry of Colleges and Universities** oversees the development and the review of standards for programs of instruction. The **Ministry of Labour Training and Skills Development** oversees the development and the review of standards for programs of instruction for Apprenticeship training in the province of Ontario. 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 Colleges and Universities](#) (MCU). 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 MCU link (www.tcu.gov.on.ca/pepg/audiences/colleges/progstan/).

Detail Plan

Term:	2025 Spring	Session Code: 1
Faculty:	Dereck Farr - Dereck.Farr@flemingcollege.ca Joseph Hays - joseph.hays@flemingcollege.ca	
Program Co-ordinator or Equivalent:	Todd Hataley - Todd.Hataley@flemingcollege.ca	
Dean (or Chair):	Lisa Fenn - Lisa.Fenn@flemingcollege.ca	

Learning Plan

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 1	Course Introduction OACP Constable Selection Fitness Overview OPFA Fit PIN Introduction	1,2	Medical Forms Complete
Week 2	PREP Test Introduction OPFA Fit PIN Benchmark Testing	1,2	0% pushups, core, flex, 2.4km, squats (best 4 results)
Week 3	Training OPFA Fit PIN Benchmark Test Cont...	1,2	0% pushups, core, flex, 2.4km, squats (best 4 results)

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 4	Training Dissemination of OACP Fitness Log Assignment (10%)	1,2	
Week 5	Training	1,2	
Week 6	Training PREP Test Midpoint (includes shuttle run) Dissemination of Physical Testing Progress Log (10%)	1,2	OACP Fitness Logs Due (10%) PREP Test - 0%
Week 7	Training OPFA Fit PIN Midpoint	1,2	OPFA Fit PIN Midpoint - 0% Physical Testing Progress Log Due (10%)
Week 8	Independant Study Week		
Week 9	Dissemination of Nutrition Lab Assignment (20%) Training	1,2	
Week 10	Training	1,2	
Week 11	Training	1,2	Nutrition Assignment Due (20%)
Week 12	Training	1,2	
Week 13	PREP Test Final Testing	1,2	PREP Test (20%) Shuttle Run (10%)
Week 14	OPFA Fit PIN Final Testing pushups, core, flex, 2.4km, squats (best 4 results) each worth 7.5%	1,2	OPFA Fit PIN (30%)
Week 15	Extra Testing Days if Needed	1,2	

Assessment Requirements

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
OACP Fitness Log	Weeks 6	1,2	10%
Fitness Testing Progress Log	Week 7	1,2	10%
Nutrition Lab	11	1,2	20%
PREP Test (20%) - includes shuttle run (10%)	Weeks 13	1,2	30%
OPFA Fit Pin Testing pushups, core, flex, 2.4km, squats (best 4 results) each worth 7.5%	Week 14	1,2	30%

Artificial Intelligence (AI) Statement

NO ASSESSMENTS. Generative AI tools (like ChatGPT) may only be used to assist exploratory learning and cannot directly contribute to any assessment as part of this course.

It is the responsibility of students to maintain a history of records and supporting documentation to demonstrate their efforts in all academic submissions, even if submission of these is not part of the final academic deliverable.

Exemption Contact

Dereck Farr

dereck.farr@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.

Synchronous sessions may be recorded. As a result, your image, voice, name, personal views and opinions, and course work may be collected under legal authority of section 2 of the Ontario Colleges of Applied Arts and Technology Act, 2002. This information will be used for the purpose of supporting student learning. Any questions about this collection can be directed to the Privacy and Policy Officer at freedomofinformation@flemingcollege.ca or by mail to 599 Brealey Drive, Peterborough, ON K9J 7B1.

This course serves as an introduction to the physical fitness concepts, guiding students towards achieving personal fitness goals and adopting healthier lifestyles. Through practical applications, students will explore and address different facets of fitness. Emphasis is placed on actively participating in fitness programs, equipping students with the tools to develop effective strategies aimed at meeting demanding fitness standards essential for police service

roles.

The assessment structure for this course comprises three key categories:

- I) Written Assignments (OACP Fitness Log, Physical Testing Progress Log, and Nutrition Lab) - 40%
- II) OPFA Fit PIN Testing (push-ups, core endurance, flexibility, 2.4km run, squats) - 30%
- III) Occupational Fitness Testing PREP and Shuttle Run - 30%.

Uniform:

Students are required to wear the following clothing:

1. Police Foundations t-shirt (purchased at the bookstore)
2. Solid coloured shorts or track pants
3. Running shoes
4. Suitable outdoor fitness wear for classes held outside (e.g., sweaters, jackets)

Illness and Injury Policy & Return to Class

1. Inform your instructor of any injury or illness as soon as possible. If the illness or injury is sustained during a class, the student must notify their professor immediately.
2. Should a student, for any reason, be unable to attend a class where physical testing is scheduled, the student is responsible for notifying their professor in advance of the class. If the student fails to do so, they will receive a zero for the physical test(s).
3. At the discretion of the professor, medical documentation of an injury or illness may be requested to substantiate missed classes and/or physical tests. The document must be dated and signed by a health professional. Note, the student's medical documentation must cover the missed classes and/or the missed testing dates.
4. For student safety, it's important to gradually build both cardiovascular and strength fitness while becoming familiar with equipment and kinetic lifting techniques. For this reason, if a student misses more than six (6) classes for any reason, they must schedule a Back to Class meeting with their professor before returning to regular classes. In this meeting, the student may be required to explain their absences. Should absenteeism continue, the professor reserves the right to have the student meet with the coordinator and/or disallow the student from participating in physical testing should the student's safety be at risk.
5. If a student is unable to participate in the physical components of this course due to a documented disability or medical condition, they must connect with the **Accessible Education Services (AES)** at CAES@flamingcollege.ca to formalize appropriate accommodations. Participation expectations and alternative arrangements will be considered once formal documentation and recommendations are received through CAES.

Plagiarism:

Plagiarism and Duplication: This assignment must consist of original work. Any cases of plagiarism or duplication may result in a grade of zero (0) on the assignment, as well as a permanent record of academic misconduct being placed on the student's transcript.

- Submitting content in your assignment that closely resembles another student's work with only minor alterations in wording (paraphrasing) can still be considered a form of plagiarism.

- Incorporating content in your assignment that seems to come from an external source, especially when the assignment explicitly mandates the submission of your own original work, expressed in your own words, can be a breach of academic integrity.
- Utilizing artificial intelligence in assignments is regarded as a violation of academic integrity, as it undermines the principle of individual effort, original thought, and independent learning that academic assessments are designed to uphold.
- Students must use APA 7 style referencing for all sources.

Running Rules

At the discretion of the professor, and for safety reasons, students may be required to run with a partner.

Wellness Centre Rules

1. No outdoor shoes or marking shoes in the gym.
2. Must have a student card when using the facility
3. Lockers are for day use only
4. No more than groups of three in the fitness area
5. Front desk staff and faculty are not responsible for keys, wallets, or valuables.
6. Front desk staff are not responsible for messages for faculty.
7. No swearing or unnecessary yelling/screaming.
8. Treat all members and staff of the Wellness Centre with respect and courtesy.