

FLEMING

Course Outline

Course Title:	Fitness and Lifestyle Management I		
Course Number:	RECR3	Approval Date:	2023/1/24
Course Hours:	45 hours	Academic Year:	2022
Academic School:	School of Justice and Community Development		
Faculty:	Dereck Farr - Dereck.Farr@flemingcollege.ca		
Program Co-ordinator or Equivalent:	Joseph Hays - joseph.hays@flemingcollege.ca		
Dean (or Chair):	Lorie Blundon - Lorie.Blundon@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.

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)
(<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>)

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 \(AES\)](https://department.flemingcollege.ca/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:	2023 Winter
Faculty:	Dereck Farr - Dereck.Farr@flemingcollege.ca
Program Co-ordinator or Equivalent:	Joseph Hays - joseph.hays@flemingcollege.ca
Dean (or Chair):	Lorie Blundon - Lorie.Blundon@flemingcollege.ca

Learning Plan

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 1	Introduction to Class Training Workout Training Workout	1,2	Self-Assessment Assignment (5%)
Week 2	Training Workout Benchmark #1 (5%) -- 20 Meter Shuttle run, push ups, core endurance, flexibility	1,2	Benchmark # 1 (10%)
Week 3	Introduction to PREP Test Training Workout	1,2	Human Anatomy Assignment (5%)
Week 4	Training Workout FIT PIN Practice	1,2	
Week 5	PREP Based Training Workout Training Workout	1,2	Nutrition Assignment (5%)
Week 6	Mid-Point Training Workout 1/2 PREP	1,2	
Week 7	Benchmark #2 (5%) -- 20 Meter Shuttle run, push ups, core endurance, flexibility Training Workout	1,2	Benchmark # 2 (10%)

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 8	Independent Learning Week	1,2	
Week 9	Training Workout 1/2 Loaded PREP		Grip Strength Assignment (5%)
Week 10	FIT PIN Practice, Extra-Weight PREP	1,2	
Week 11	PREP Test Practice Training Workout	1,2	Fitness Log Assignment (5%)
Week 12	Final Testing Begins FIT PIN Test (20%) Training Workout	1,2	FIT PIN Testing (25%)
Week 13	PREP Test (20%) Training Workout	1,2	PREP Testing (25%)
Week 14	Training Workout Training Workout	1,2	Assessment of Progression Assignment (5%)
Week 15	TBA	1,2	

Assessment Requirements

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
Self-Assessment Assignment (5%)	Week 1	1,2	5%
Benchmark #1 (10%)	Week 2	1,2	10%
Human Anatomy Assignment (5%)	Week 3	1,2	5%
Nutrition Assignment (5%)	Week 5	1,2	5%
Benchmark #2 (10%)	Week 7	1,2	10%
Grip Strength Assignment (5%)	Week 9	1,2	5%
Fitness Log Assignment (5%)	Week 11	1,2	5%
FIT PIN Testing (25%)	Week 12	1,2	25%
PREP Testing (25%)	Week 13	1,2	25%
Assessment of Progression Assignment (5%)	Week 14	1,2	5%

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.

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; PREP Test (25%), Fit PinTest (25%) and Assignments (50%).

Assignments (50%)

- A. Self-Assessment (5%)
- B. Benchmark #1 (10%)
- C. Human Anatomy Assignment (5%)
- D. Nutrition Assignment (5%)
- E. Grip Strength Assignment (5%)
- F. Benchmark #2 (10%)
- G. Fitness Log Assignment (5%)
- H. Assessment of Progression Assignment (5%)

Occupational Fitness Testing (50%)

A. PREP Test (25%)

B. FIT PIN Test (25%)

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. If your injury interferes with a final test, you **MUST** inform your instructor before the testing begins. If you don't show up for a test without informing your instructor, you will receive a zero for that examination.
3. Obtain the necessary medical documentation and provide a copy to your instructor immediately. The document must be dated and signed by the health professional.
4. If injury or illness interferes with testing, the students' medical documentation must cover the specific testing dates in order to reschedule that test.
5. 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 Get active Questionnaire 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 final 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.