FLEMING

Course Outline

Course Title:	Fitness and Lifestyle Management
Course Number:	RECR3
Course Hours:	45 hours
Academic School:	Health and Community Services

Approval Date:	2023/9/19
Academic Year:	2023

Faculty:	Dereck Farr - Dereck.Farr@flemingcollege.ca
Program Co-ordinator or Equivalent:	Todd Hataley - Todd.Hataley@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)
- 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:	2024 Winter	**Session Code:**	DC

Faculty:	Emily Pearson - Emily.Pearson@flemingcollege.ca
	Jodi Van Engen - jodi.van_engen@flemingcollege.ca
Program Co-ordinator or Equivalent:	Todd Hataley - Todd.Hataley@flemingcollege.ca
Dean (or Chair):	Lorie Blundon - Lorie.Blundon@flemingcollege.ca
Academic Planning and Operations Department:	Jonathan Taylor - jonathan.taylor@flemingcollege.ca

Learning Plan

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Unit 1	Course Introduction OACP Constable Selection Fitness Overview OPFA Fit PIN Introduction		Medical Forms Complete
Unit 2	Nutrition Lab Calculations + Training Workout PREP Test Introduction		Nutrition Lab Calculations
Unit 3	Training Workout OPFA Fit PIN Benchmark Test	1,2	Physical Testing Progress Sheet
Unit 4	Training Workout PREP Test Benchmark OACP Fitness Logs Begin	1,2	Physical Testing Progress Sheet OACP Fitness Logs

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Unit 5	Training Workout OPFA Fit PIN Practice OACP Fitness Logs Continue	1,2	OACP Fitness Logs
Unit 6	Training Workout PREP Test Midpoint	1,2	OACP Fitness Logs Due (10%) Physical Testing Progress Sheet
Unit 7	Training Workout OPFA Fit PIN Midpoint	1,2	Nutrition Assignment Due (20%) Physical Testing Progress Sheet
Unit 8	Training Workout PREP Test Practice	1,2	
Unit 9	Training Workout OACP Fitness Logs Begin	1,2	OACP Fitness Logs
Unit 10	Training Workout OACP Fitness Logs Continue	1,2	Fitness Log Assignment (5%)
Unit 11	OPFA Fit PIN Final Testing - Group 2 PREP Test Final Testing - Group 1	1,2	OACP Fitness Logs Due (10%) Physical Testing Progress Sheet OPFA Fit PIN (25%) PREP Test (25%)
Unit 12	OPFA Fit PIN Final Testing - Group 3 PREP Test Final Testing - Group 2	1,2	OPFA Fit PIN (25%) PREP Test (25%)
Unit 13	OPFA Fit PIN Final Testing - Group 1 PREP Test Final Testing - Group 3	1,2	OPFA Fit PIN (25%) PREP Test (25%)
Week 14	Extra Testing Days if Needed	1,2	Physical Testing Progress Sheet Due (10%)

Assessment Requirements

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
OACP Fitness Log	Unit 6 & 11	1,2	20%
Nutrition Assignment	Unit 7	1,2	20%
OPFA Fit PIN	Unit 11, 12 & 13	1,2	25%
PREP Test	Unit 11, 12 & 13	1,2	25%
Physical Testing Progress Sheet	Week 14	1,2	10%

Artificial Intelligence (AI) Statement

SOME USE. Generative AI tools (like ChatGPT) can only be used where directed in 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

Jodi Stevens

Jodi.van_engen@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 places 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 four key categories: OACP Fitness Logs and Physical Testing Progress Sheet (30%), OPFA Fit PIN Test (25%), Occupational Fitness Testing PREP (25%), and Assignments

(20%). In cases where a student is unable to complete a physical test due to illness or injury, a retest will be permitted provided that the students submit dated medical documentation. Follow the Illness Injury Policy below.

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 heath professional.

4.   If injury or illness interferes with testing, the students' medical documentation must cover the specific testing dates 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.

Assessment Breakdown

OACP Fitness Logs & Physical Testing Progress Sheet

    1. Weeks 4 & 5 (14 day Log)   /10%
    2. Weeks 10 & 11 (14 day Log)   /10%
    3. Physical Testing Progress Sheet   /10%

                                                                 /30%

(OPFA) Fit PIN Test

    1. Trunk Forward Flexion (sit & reach)
    2. Push-ups
    3. Core Endurance (Back Extension)
    4. 1.5 Mile (2.4 km) Run   combined total out of 100

                                                                  25/%

Occupational Fitness Testing

    1. PREP - Pursuit   /12.5%
    2. 20 Metre Shuttle Run Test   /12.5%

                                                                 /25%

Assignment

    1. Nutrition Assignment   /20%

                                      /20%

                             Total   /100%

Please read the following carefully regarding Academic Integrity and use of Artificial Intelligence:

·   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.

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.
7. When crossing at intersection cross with the traffic lights or if there are no lights cross only when the way is clear.

Wellness Centre Rules

1. No outdoor shoes or marking shoes in the gym.
2. Must have 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.