Douglas College

EFFECTIVE: SEPTEMBER 2004
CURRICULUM GUIDELINES

A.	Division:	**Education**	Effective Date:		**September 2004**	
B.	Department / Program Area:	**Science and Technology** **Sport Science**	Revision	**X**	New Course	
			If Revision, Section(s) Revised:		**C**	
			Date of Previous Revision:		November 16, 2000	
			Date of Current Revision:		September 2004	

C: **SPSC 1103** **D**: **Conditioning for Sport and Physical Activity** **E:** **3**

Subject & Course No.	Descriptive Title	Semester Credits

F: Calendar Description:

This course provides an overview of the concepts of physical fitness. The topic areas include physical fitness assessment, the principle of health-related and skill-related fitness and the effects of exercise. Students will perform a variety of conditioning methods as well as experience the design and application of exercise programs.

G: Allocation of Contact Hours to Type of Instruction / Learning Settings

Primary Methods of Instructional Delivery and/or Learning Settings:

Lecture and Practical Application

Number of Contact Hours: (per week / semester for each descriptor)

4 hours per week

Number of Weeks per Semester:

15

H: Course Prerequisites:

none

I: Course Corequisites:

none

J: Course for which this Course is a Prerequisite

none

K: Maximum Class Size:

35

L: PLEASE INDICATE**:**

	Non-Credit
	College Credit Non-Transfer
X	College Credit Transfer:

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)

M: Course Objectives / Learning Outcomes

Upon completion of the course, the student will be able to:

1. Discuss the role of exercise in society.
2. Describe the components of health-related and skill-related fitness.
3. Describe and demonstrate classic and contemporary exercise programs.
4. Describe and apply the principles of physical fitness assessment.
5. Design and implement exercise programs.
6. Describe and discuss the relationship of exercise with growth and development factors, health concepts, nutrition concepts and the prevention of exercise-related injuries.

N: Course Content:

1. Exercise in Society

The student will:

1.1. Define physical fitness.
1.2. Examine the factors relating to hypo kinetic conditions and sports injuries.
1.3. Examine the role of exercise with respect to:
- 1.3.1. children
- 1.3.2. adolescents
- 1.3.3. young and middle-aged adults
- 1.3.4. seniors
- 1.3.5. athletes
- 1.3.6. non-athletes
- 1.3.7. people with physically disabling and mentally handicapping conditions
- 1.3.8. selected special interest groups / individuals

1.4. Define the concepts of overload, stress, specificity and adaptation.

2. The Components of Physical Fitness

The student will:

2.1. Define the components of health-related fitness including:
- 2.1.1. muscular strength
- 2.1.2. muscular endurance
- 2.1.3. cardio respiratory (cardiovascular)
- 2.1.4. flexibility
- 2.1.5. body composition

2.2. Describe training processes associated with the development of health-related fitness.
2.3. Describe the training effects associated with the development of health-related fitness.
2.4. Define the concepts of aerobic capacity and anaerobic capacity.
2.5. Describe the training processes associated with the development of aerobic and anaerobic capacities.
2.6. Describe the training effects associated with the development of aerobic and anaerobic capacities.
2.7. Define the components of skill-related fitness, including:
- 2.7.1. power
- 2.7.2. speed
- 2.7.3. agility
- 2.7.4. coordination
- 2.7.5. balance
- 2.7.6. reaction time

2.8. Describe the factors associated with the development of skill-related fitness.

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3. Exercise Programs

The student will:
3.1. Define the warm-up phase and the cool-down phase.
3.2. Describe the components and the effects of the warm-up and cool-down phases.
3.3. Demonstrate effective warm-up and cool-down procedures.
3.4. Examine and describe a variety of classic exercise programs.
3.5. Demonstrate a variety of classic exercise programs.
3.6. Examine and describe a variety of contemporary exercise programs.
3.7. Demonstrate a variety of contemporary exercise programs.

4. Physical Fitness Assessment

The student will:
4.1. Discuss the role of physical fitness assessment with respect to exercise programs.
4.2. Describe the types of physical fitness assessment, including:
  4.2.1. field tests
  4.2.2. lab tests
  4.2.3. lab-like tests
4.3. Describe the purpose of physical fitness assessment.
4.4. Describe a variety of methods of physical fitness assessment with respect to:
  4.4.1. muscular strength
  4.4.2. muscular endurance
  4.4.3. flexibility
  4.4.4. body composition
  4.4.5. posture
  4.4.6. aerobic capacity
  4.4.7. anaerobic capacity
4.5. Demonstrate a variety of methods of physical fitness assessment with respect to:
  4.5.1. muscular strength
  4.5.2. muscular endurance
  4.5.3. flexibility
  4.5.4. body composition
  4.5.5. posture
  4.5.6. aerobic capacity
  4.5.7. anaerobic capacity

5. The Design and Implementation of Exercise Programs

The student will:
5.1. Examine and describe factors associated with the design of exercise programs.
5.2. Examine and describe factors associated with the monitoring and evaluation of exercise programs.
5.3. Identify the factors associated with injury prevention.
5.4. Design exercise programs for the development of :
  5.4.1. muscular strength
  5.4.2. muscular endurance
  5.4.3. aerobic capacity
  5.4.4. anaerobic capacity
  5.4.5. flexibility
  5.4.6. combinations of the above
  5.4.7. sport specific fitness
  5.4.8. injury reconditioning
5.5. Examine and describe factors involved with the implementation of exercise programs.
5.6. Implement, monitor and evaluate a personal exercise program.

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6. Variables Associated with Exercise

The student will:

6.1. Examine and describe exercise contraindications.
6.2. Describe the neuromuscular effects of stress and relaxation.
6.3. Describe the relationship of nutrition to exercise.
6.4. Describe the effects associated with physical inactivity.
6.5. Describe the musculoskeletal concepts associated with the care of the back.
6.6. Identify the motivational factors involved in adhering to an exercise program.
6.7. Identify the positive and negative effects of exercise on personal health.
6.8. Discuss the effects of exercise on growth and development.
6.9. Discuss the effects of exercise with respect to the field of gerontology.

Methods of Instruction

Lecture
Discussion groups
Guest presenters
Audio-visual aids
Practical instruction and experience
Student performance
- fitness activities
- fitness assessment

Student presentations

P: Textbooks and Materials to be Purchased by Students

Corbin, C. B., and Lindsey, R. Concepts of Physical Fitness (6^{th} ed.). Dubuque, Iowa: Wm. C. Brown Publishers, 1988. (1988 - $22.25)

Q: Means of Assessment

Personal Fitness Program	20%
Personal Fitness Journal	10%
Fitness Leadership Presentation	20%
Preparation and Participation	20%
Mid-term Examination	15%
Final Examination	15%
	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Course Designer(s)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar