
Recreation Program - Fitness

**PRIMARY CARE PARAMEDIC CERTIFICATE
2018-2019**

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HOURS OF INSTRUCTION:

Weekly timetable will be distributed the first day of class.

COURSE DESCRIPTION:

PCP 406 - Recreation Program – Fitness 1 credit 60 hours

This course deals with the principles of personal fitness, awareness of your present fitness level, and provides guidelines for establishing a personal fitness program.

Co-requisite: PCP 400

COURSE OUTCOMES:

Successful completion of this course will: (NOCP competency)

1. Enable students to execute proper lifting and moving techniques. (3.2.a;3.2.c)
2. Provide students with an awareness of their current fitness level on an ongoing basis. (3.2.a;3.1.e)
3. Cause an understanding of and provide the potential for the improvement of each student's fitness level. (3.2.a; 3.1e)
4. Provide an opportunity for physical activity as an alternative to the regular course work. (3.1.e; 3.2.a)
5. Provide the student with the opportunity to challenge fitness requirements at an advanced fitness level. (3.1a)
6. Provide the student with an awareness of the benefits of regular exercise and its part in a healthy lifestyle. (3.1a)
7. Prepare the students for the potential physical requirements of future employment. (3.1a, 3.1e)
8. Develop and maintain an appropriate support system. (3.1b)

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9. Manage personal stress. (3.1c)

10. Practice effective strategies to improve physical and mental health related to shift work. (3.1d)

COURSE REQUIREMENTS:

Students are expected to attend all classes and participate at a level that will ensure fitness improvement. Grading will be dependent upon successful completion of all physical performance testing and will be graded based on the criteria provided by the Canadian Physical Activity, Fitness and Lifestyle Approach guide. Please be prepared for exercising both indoors and outdoors. This means having running shoes that provide good cushioning and adequate support for running both indoors and out; as well as athletic clothing for all types of weather.

COURSE EVALUATION:

Deadlift: Critical Action (Pass/ Fail)

Passing Form requirements:

Proper Deadlift form starts with the weight on the floor. Pull the bar until you've locked your hips and knees. Return it to the floor safely by moving your hips back first and then bending your knees.

Failing Form:

To Deadlift with proper form means with your lower back neutral. **Rounding your lower spine** during Deadlifts is automatic fail.

1.5 Mile Run: Critical Action (Pass/ Fail)

Complete 14 laps under 18 minutes

Passing Grade: **Pass/Fail**

Attendance Evaluation

The level of participation involves actively being in the classroom. There are 26 class days or 26 hours scheduled for the 406 Fitness class. Students are expected to arrive on time for class ready to participate.

FITNESS PROGRAM PROTOCOL:

Each workout will consist of the following components:

1. Dynamic Warm-up
2. Mobility
3. Strength Complexes
4. Metabolic Conditioning
5. Core Training
6. Stretching

Participants should be aware of the physically demanding component of this program and attend the first session with a sense of their physical ability. If necessary, it is recommended that each student participate in a strength and conditioning program prior to the course start date to ensure minimal shock to the body. Program schedule will be provided to the students.

Cross Fit Crude

All fitness classes are under the guidance of a certified coach from **Cross Fit Crude**. Please ensure professionalism at all times while in their facility. It is the student's responsibility for transportation to and from the Cross Fit Crude facility.

Cross Fit Crude: <https://www.crossfitcrude.com/>