
Recreation Program - Fitness

PRIMARY CARE PARAMEDIC CERTIFICATE 2019-2020

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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, PCP 407

COURSE OUTCOMES:

Successful completion of this course will: (NOCP competency/**ACP competency**)

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

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9. Manage personal stress. (3.1c)(K-5-1)
10. Practice effective strategies to improve physical and mental health related to shift work. (3.1d)(K-5-1)

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.

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 Row: Critical Action (Pass/ Fail)

Complete 1.5 mile row/run in under 18 minutes

Strength and cardiovascular results must reach Very Good or Good standards, which are highlighted below, in order to be considered successful.

Results	Push Ups	Sit Ups	Standing Broad Jump	Deadlift	Mile 1/2	Predicted Vo2 Max
Excellent	>30	>50	>6.8 (ft)	>160	<10:45	Stage >10
Very Good	20	40	6.4	150lbs	10:46-12:30	Stage 8
Good	15	30	5.11	140lbs	12:31-14:45	Stage 6
Fail	<15	<15	<5 11.5	< 140lbs	<12:31	<Stage 6

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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.

Passing Grade: **Pass/Fail**

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.

SSWC

All fitness classes are under the guidance of a certified coach from **Syncrude Sport and Wellness Center**.

Please ensure professionalism at all times while in their facility.

It is the student's responsibility for transportation to and from the SSWC facility.