
Recreation Program - Fitness

**EMT TECHNICIAN CERTIFICATE
2016-2017**

INSTRUCTOR: Patricia Penton
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HOURS OF INSTRUCTION:

Weekly timetable will be distributed the first day of class.

COURSE DESCRIPTION:

EMT 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: EMT 400

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 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:

1.5 mile Run – completed in under 18 minutes – Critical Action (Pass/Fail)

Students must obtain a pass in this component to pass the course.

Strength & Cardiovascular results must reach the minimum highlighted areas in order to be considered successful. Students are required to have a minimum of 80% success in all areas of testing combined.

NORMATIVE DATA FOR FEMALES

| RESULTS | SIT AND REACH (CM) | GRIP STRENGTH (KG)/HAND | PUSH-UPS (MAX #) | BACK EXTENSIONS (MAX 180 S) | VERTICAL JUMP (INCHES) | SIT UPS (MAX#/60 SEC) | MILE ½ RUN (>18 MIN) | PREDICTED VO2 MAX (ml/kg/min) |
|-------------------|--------------------|-------------------------|------------------|-----------------------------|------------------------|-----------------------|----------------------|-------------------------------|
| EXCELLENT | > 41 | >35 | > 30 | 180 | > 15 | >25 | <10:45 | 37->41 |
| VERY GOOD | 37-40 | 31.5-34.5 | 21-29 | 136-179 | 13.5-15 | 21-25 | 10:46-12:30 | 33-36.9 |
| GOOD | 33-36 | 29-31 | 15-20 | 102-135 | 12-13 | 15-20 | 12:31-14:45 | 29-32.9 |
| FAIR | 28-32 | 26-28.5 | 10-14 | 66-101 | 10.5-11.5 | 9-14 | 14:46-16:00 | 23.6-28.9 |
| NEEDS IMPROVEMENT | <27 | <25.5 | <9 | <65 | <10 | <9 | 16:01-18:00 | <23.6 |

NORMATIVE DATA FOR MALES

| RESULTS | SIT AND REACH (CM) | GRIP STRENGTH (KG)/HAND | PUSH-UPS (MAX #) | BACK EXTENSIONS (MAX 180 S) | VERTICAL JUMP (INCHES) | SIT UPS (MAX#/60 SEC) | MILE ½ RUN (>18 MIN) | PREDICTED VO2 MAX (ml/kg/min) |
|-------------------|--------------------|-------------------------|------------------|-----------------------------|------------------------|-----------------------|----------------------|-------------------------------|
| EXCELLENT | > 40 | > 57 | > 36 | 176-180 | > 22 | >30 | <9:45 | 46.5->52.4 |
| VERY GOOD | 34-39 | 52-57 | 29-35 | 133-175 | 21-22 | 26-30 | 9:45-11:30 | 42.5-46.4 |
| GOOD | 30-33 | 47.5-51.5 | 22-28 | 99-132 | 19-20.5 | 20-25 | 11:31-14:00 | 36.5-42.4 |
| FAIR | 25-29 | 42-47 | 17-21 | 86-98 | 16.5-18.5 | 17-19 | 14:01-16:30 | 33-36.4 |
| NEEDS IMPROVEMENT | <24 | <41.5 | <16 | <85 | >16.5 | <17 | 16:31-18:00 | <33 |

**Normative data is compiled using The Canadian Physical Activity, Fitness & Lifestyle Approach Manual. (3rd edition). Copyright 2004, CSEP & Health Canada.*

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Remaining 50% to be divided equally between level of improvement and level of participation

Attendance Evaluation:

The level of participation involves actively being in the classroom. There are 24 class days or 48 hours scheduled for the 406 Fitness class. Students are required to complete a minimum 21 class days or 42 hours. Students unable to meet these minimum requirements will have to make up the missing time on their own with the fitness instructor at a cost of \$75.00/1.5 hr session. Students are expected to arrive on time for class, 3 late times will count as one absence. All absences are expected to be excused by course instructor; however, this is still time you are not physically attending a fitness class and will still be considered loss time.

Passing Grade: **Pass/Fail**

FITNESS PROGRAM PROTOCOL:

Each workout will consist of the following components:

1. Dynamic Warm-up
2. Balance Training
3. Neural Activation
4. Strength Complexes
5. Cardiovascular Conditioning
6. Core Training
7. Flexibility

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.

Alberta Sport Development Centre - Northeast

(ASDC-NE) supports the idea of a holistic training approach in order for athletes to reach their optimal athletic potential. By combining sport science applications with support from experts in nutrition, sport psychology and injury prevention, we help coaches and athletes build an ideal environment for enhanced athletic development and performance. ASDC-NE partners include Sport Canada, Canadian Sport Centre Calgary, Grande Prairie Regional College, Keyano College, Medicine Hat College, and Red Deer College.

The idea of athletic training principles can apply to every individual that requires high performance training. ASDC will provide EMT students with the same Strength and Conditioning coaches that facilitate this type of training to elite athletes in the northern region of Alberta. All students training with ASDC will be required to purchase a membership.



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Cost: \$31.50 (includes T-Shirt, Water bottle, access to Winning Edge Seminars, ability to continue contact with trainers of ASDC for support and 10% off SSWC membership.)

Please note that the ASDC membership is not a membership to the SSWC. It is a separate fee required by the training facility.



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AUTHORIZATIONS:

This course outline has been reviewed and approved by the Program Chair.

Patricia Penton, Instructor

Bev Maron, Chair

Date Authorized

Vincella Thompson, Dean

Date Authorized

Signed Copies To Be Delivered To:

Instructor

Registrar's Office