

**COURSE NAME:** PFP108 Fitness and Lifestyle Management I

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Credit Value: 3  
Total Course Hours: 42  
Prerequisite Course(s): None  
Corequisite Course(s): None

## COURSE DESCRIPTION

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Society has come to recognize that personal and collective wellness is essential to the enhanced quality of life. This course introduces the student to the concepts of wellness and provides practical strategies for developing a healthy lifestyle. Students, through lectures and practical experience and self-evaluation will address physical fitness, nutrition, self-responsibility and social interaction. The student will develop strategies to develop and design and implement an effective personal fitness program and develop strategies to be successful at the Bonified Fitness Requirements Standards.

## LAND ACKNOWLEDGEMENT

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Canadore College resides on the traditional territory of the Anishinaabeg and within lands protected by the Robinson Huron Treaty of 1850. This land is occupied by the people of Nipissing First Nation, Treaty #10 in the Robinson Huron Treaty of 1850 since time immemorial.

## PLAR INFORMATION

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This course is eligible for Prior Learning Assessment and Recognition. Students are advised to discuss options with their program coordinator.

## COURSE LEARNING OUTCOMES

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Upon completion of this course, the student will have reliably demonstrated the ability to:

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| <p>1.0 Develop ongoing personal and professional plans and strategies to enhance job performance and career opportunities.</p> <ul style="list-style-type: none"><li>1.1 Collect and analyze information in one's lifestyle and identify and implement strategies and actions to improve individual wellness.</li><li>1.2 Demonstrate through understanding the appropriate physical, emotional, nutritional, and well being techniques for a healthy lifestyle to work towards achieving employment standards.</li><li>1.3 Collect and record data in a systematic and organized manner in order to monitor, critique and evaluate their personalized fitness program.</li><li>1.4 Demonstrate the ability to adapt to a changing work environment by exhibiting the ability to openness to new approaches.</li><li>1.5 Solicit and use feedback regarding performance as part of ongoing self-awareness.</li><li>1.6 Select and create a fitness program that meets their personal needs and abilities based on the fitness criteria of this course.</li></ul> | <ul style="list-style-type: none"><li>1.7 Demonstrate a wellness fitness level in accordance to the Ontario Police Standards that prepare them for graduation.</li><li>1.8 Demonstrate the skills necessary to deal with time management.</li><li>1.9 Understand the role of proper nutrition in overall health.</li></ul> |
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## GENERAL EDUCATION

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This is not a General Education course.

## PROGRAM OUTCOMES

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This course contributes to the following Ministry of Colleges and Universities approved program learning outcomes (PLO):

### Police Foundations

1. complete all tasks in compliance with pertinent legislation, as well as policing standards, regulations and guidelines.
3. be accountable for one's actions when carrying out all tasks.
4. develop and implement ongoing effective strategies for personal and professional development.
6. work co-operatively in multidisciplinary teams to achieve mutual goals.
9. mitigate risks and maintain order by applying effective strategies in crisis, conflict and emergency situations.

## ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES

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This course contributes to the following Ministry of Colleges and Universities approved essential employability skills (EES) outcomes:

7. Analyse, evaluate, and apply relevant information from a variety of sources.
9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
11. Take responsibility for one's own actions, decisions, and consequences.

## EXTERNAL COURSE ACCREDITATIONS AND CONDITIONS

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There are no external accreditations or conditions identified for this course.

## COURSE EVALUATION

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60% participation & performance

20% Physical testing

20% Written Tests

## PROGRAM SPECIFIC GRADING

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Per College Grading system

### GRADING SYSTEM

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A+:	90-100%	B+:	77-79%	C+:	65-69%	D:	50-54%	S - Satisfactory
A:	85-89%	B:	73-76%	C:	60-64%	F:	0-49%	I - Incomplete
A-:	80-84%	B-:	70-72%	D+:	55-59%			F- Repeat Course, included in GPA
								FS- Failure Supplemental

FR- Repeat course,  
excluded from GPA

\*For a complete chart of grades and descriptions, please see the Grading Policy.

## LEARNING RESOURCES

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No textbooks have been identified for this course.

Other Resources:

Required: fitness attire, two pairs of running shoes (one outside, one inside)

Recommended:

Resources listed on the course outline support the achievement of learning outcomes, and may be used throughout the course to varying degrees depending on the instructor's teaching methodology and the nature of the resource.

Technology requirements - <https://www.canadorecollege.ca/BYOD>

The Harris Learning Library's staff can help you find resources to support your learning - [www.eclibrary.ca](http://www.eclibrary.ca)

## LEARNING ACTIVITIES

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1 hour classroom 2 hours in gym per week

42 hours total

## DELIVERY MODE

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This course may be delivered, in whole or in part, in a number of modalities, including in class, online, hybrid, in a synchronous or asynchronous manner or a combination thereof, as per accreditation and/or regulatory standards where appropriate.

## RECORDING GUIDELINES

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This class may be recorded by faculty of the College. Faculty will inform students when recording of the class commences and ceases. 'Recorded' means that the audio-visual and chat portions of the class will be recorded and then be stored on the College or vendor provider server. They will be made available to students, but only for the express and sole use of those registered in this course. If you have any questions or concerns about this recording, please contact your instructor or the College's privacy officer at [privacy.officer@canadorecollege.ca](mailto:privacy.officer@canadorecollege.ca). Full recording guidelines can be found at: <https://cdn.agilitycms.com/canadore-college/academic-centre-of-excellence/Canadore%20Recording%20Guidelines.pdf>

## EXPERIENTIAL LEARNING

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All full-time programs of study at Canadore College strive to provide students with the opportunity for experiential learning. This course provides students with an experiential learning opportunity through:

Performance/Artistic Production (EL)

## ACADEMIC POLICIES

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Canadore College is committed to the highest standards of academic integrity, and expects students to adhere to these standards as part of the learning process in all environments. The College's Academic Integrity policy seeks to ensure that all students understand their rights and responsibilities in upholding academic integrity and that students receive an accurate and fair assessment of their work. Please review the Academic Integrity policy (A-18) and other academic policies found on our website:

<https://www.canadorecollege.ca/about/policies>.

## COLLEGE POLICIES

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- Protecting human rights in support of a respectful college community

For college policies please see: <http://www.canadorecollege.ca/about-us/college-policies>.

## STUDENT SUCCESS SERVICES - Your Success Matters!

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Student Success Services provides student-focused services to facilitate students' success in their studies. Staff provide support by reducing and/or removing educational-related barriers through individualized accommodations and supports to students with disabilities.

Please visit our webpage to learn more: <https://www.canadorecollege.ca/support/student-success-services> or look for our events on social media.

To connect with Student Success Services email [studentsuccessnow@canadorecollege.ca](mailto:studentsuccessnow@canadorecollege.ca) or call 705.474.7600 ext 5205.

## FIRST PEOPLES' CENTRE:

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A culturally safe environment offering CONFIDENTIAL student focused services, drop in or make an appointment to access:

- One on one counselling

- Elder in residence program
- Peer tutoring
- Peer mentorship
- Lunch & learn workshops on study skills, self-care, life skills
- Learning Resource Centre

Drop by our offices at C254 College Drive, E101 Commerce Court or call 705 474 7600 Ext. 5961 College Drive / 5647 Commerce Court.

<https://www.canadorecollege.ca/experience/indigenous-student-experience>

### **WAIVER OF RESPONSIBILITY**

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Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.

### **HISTORICAL COURSE OUTLINES**

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Students use course outlines to support their learning. Students are responsible for retaining course outlines for future use in applications for transfer of credit to other educational institutions.