

Course Outline

Recreation Program – Strength & Conditioning

Course Content

Keyano College recognizes fitness as an important aspect of becoming an effective PCP by prevention of personal injury, reduction of stress, enhancement of patient care capabilities, and ultimately enjoying a long and satisfying career. Students must be successful in meeting the criteria for the Fitness course to receive a Keyano College PCP Certificate. Facilitated through the Keyano College Syncrude Sport and Wellness Center, a certified Strength & Conditioning Coach will provide comprehensive information regarding successful outcome criteria within the first week of the course. There will be an initial fitness evaluation to recognize each student's fitness level and a final fitness evaluation at the end of the didactic component of the program. Preparation for this course through physical activity to improve cardiac fitness and core strength is encouraged. This course is fully integrated into the PCP Program.

Course Goals

Successful completion of this course will:

1. Enable students to execute proper lifting and moving techniques
2. Provide students with an awareness of their current fitness level on an ongoing basis
3. Cause an understanding of and provide the potential for the improvement of each student's fitness level
4. Provide an opportunity for physical activity as an alternative to the regular course work
5. Provide the student with the opportunity to challenge fitness requirements at an advanced fitness level
6. Provide the student with an awareness of the benefits of regular exercise and its part in a healthy lifestyle.
7. Prepare the students for the potential physical requirements of future employment.
8. Develop and maintain appropriate support system.
9. Manage personal stress.
10. Practice effective strategies to improve physical and mental health related to shift work.

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: 140 lbs.

Critical Action (**Pass/ Fail**)

Passing Form requirements:

Completed Proper Deadlift.

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 1.5 miles under 18 minutes

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 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.

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 facility.