

## OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

<b>Course Code and Number:</b> CRIM 201		<b>Number of Credits:</b> 2 <a href="#">Course credit policy (105)</a>																	
<b>Course Full Title:</b> Physical Fitness Training I <b>Course Short Title (if title exceeds 30 characters):</b>																			
<b>Faculty:</b> Faculty of Social Sciences		<b>Department (or program if no department):</b> CRIM																	
<b>Calendar Description:</b> This course provides an individualized fitness program utilizing modern fitness facilities and sophisticated evaluation procedures. Note: Students will be required to attend fitness facilities three times per week. Note: Students may not enrol in CRIM 201 and CRIM 202 concurrently. It is recommended that students take CRIM 201 prior to CRIM 202.																			
<b>Prerequisites (or NONE):</b>		NONE																	
<b>Corequisites (if applicable, or NONE):</b>		NONE																	
<b>Pre/corequisites (if applicable, or NONE):</b>		NONE																	
<b>Equivalent Courses (cannot be taken for additional credit)</b> Former course code/number: <b>NONE</b> Cross-listed with: <b>NONE</b> Equivalent course(s): <b>NONE</b> <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>		<b>Transfer Credit</b> Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Transfer credit requested (OREg to submit to BCCAT): <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form) Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> .																	
<b>Total Hours: 30</b> <b>Typical structure of instructional hours:</b> <table border="1"> <tr> <td>Lecture hours</td> <td>6</td> </tr> <tr> <td>Seminars/tutorials/workshops</td> <td></td> </tr> <tr> <td>Laboratory hours</td> <td></td> </tr> <tr> <td>Field experience hours</td> <td></td> </tr> <tr> <td>Experiential (practicum, internship, etc.)</td> <td></td> </tr> <tr> <td>Online learning activities</td> <td></td> </tr> <tr> <td>Other contact hours: Physical Practice</td> <td>24</td> </tr> <tr> <td><b>Total</b></td> <td><b>30</b></td> </tr> </table>		Lecture hours	6	Seminars/tutorials/workshops		Laboratory hours		Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours: Physical Practice	24	<b>Total</b>	<b>30</b>	<b>Special Topics</b> Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, different lettered courses may be taken for credit: <input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit <i>Note: The specific topic will be recorded when offered.</i>	
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<b>Total</b>	<b>30</b>																		
		<b>Maximum enrolment (for information only):</b> 35 <b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> Annually																	
<b>Department / Program Head or Director:</b> Amanda McCormick		<b>Date approved:</b> July 27, 2017																	
<b>Faculty Council approval</b>		<b>Date approved:</b> November 3, 2017																	
<b>Campus-Wide Consultation (CWC)</b>		<b>Date of posting:</b> n/a																	
<b>Dean/Associate VP:</b> Jacqueline Nolte		<b>Date approved:</b> November 3, 2017																	
<b>Undergraduate Education Committee (UEC) approval</b>		<b>Date of meeting:</b> February 23, 2018																	

**Learning Outcomes**

Upon successful completion of this course, students will be able to:

1. Develop skills consistent with the fitness standards desired by criminal justice agencies requiring fitness testing, such as the POPAT, COPAT, and PARE.
2. Use strategies to assess, improve and maintain their own fitness level according to various fitness and health related topics.
3. Demonstrate practical knowledge about the relationship between lifestyle and nutritional choices and their effects on wellness.

**Prior Learning Assessment and Recognition (PLAR)**

☒ Yes      ☐ No, PLAR cannot be awarded for this course because

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lectures and physical training.

**Grading system:** Letter Grades: ☒ Credit/No Credit: ☐ Labs to be scheduled independent of lecture hours: Yes ☐ No ☒

**NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.**

**Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)**

Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1. Anderson, Greg	My Lifestyle Logbook: A tool for Behavioural Change	<input type="checkbox"/>		2007
2.		<input type="checkbox"/>		
3.		<input type="checkbox"/>		
4.		<input type="checkbox"/>		
5.		<input type="checkbox"/>		

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Workout clothing and athletic shoes.

**Typical Evaluation Methods and Weighting**

Final exam:	%	Assignments:	30%	Midterm exam:	%	Practicum:	%
Quizzes/tests:	%	Lab work:	%	Field experience:	%	Shop work:	%
Physical Test:	50%	Attendance/Participation:	20%	Other:	%	Total:	100%

**Details (if necessary):**

**Typical Course Content and Topics**

This course runs every other week. Typical activities will include:

- Initial, midterm, and final fitness tests
- Workshops
- Logbooks
- Regular attendance at fitness facilities