



COURSE OUTLINE: FIT109 - LEADERSHIP 1-CHLDRN

Prepared: Heather Pusch

Approved: Bob Chapman, Chair, Health

Course Code: Title	FIT109: LEADERSHIP 1-HEALTHY LIVING CHILD/YOUTH
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2022-2023
Course Description:	Students will develop effective leadership skills to design and implement age-appropriate physical activity programs for children and youth. Students will explore current research of active living as it applies to children and youth to create programs that will improve the physical fitness, health and well-being of this age group. Barriers to physical activity for children and youth and the necessity of supportive environments will be investigated. Leadership skills will be developed through various practical experiences.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT102
This course is a pre-requisite for:	FIT153
Vocational Learning Outcomes (VLO's) addressed in this course:	3040 - FITNESS AND HEALTH
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
	VLO 2 Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients.
	VLO 3 Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness.
	VLO 4 Select and apply interview tools and coaching* strategies that will enable clients and groups improve their fitness, and wellness in sustainable ways.
	VLO 7 Establish and maintain positive working relationships with clients, staff, allied health professionals and volunteers in the delivery of programs, activities, and the use of facilities.
	VLO 8 Provide positive reinforcement to empower clients and help them sustain their efforts.
	VLO 9 Develop plans and implement strategies for ongoing professional growth and development.



	VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats.												
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>												
Course Evaluation:	<p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>												
Course Outcomes and Learning Objectives:	<table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Define and explain components of healthy active living for children and youth.</td> <td> 1.1 Explain the present state of health and active living of Canadian children and youth according to research. 1.2 Describe and explain key components and the importance of the Canadian 24-Hour Movement Guidelines to increasing healthy active living in children and youth. 1.3 Explain the health implications of childhood inactivity. 1.4 List and explain patterns of physical activity as they relate to children and youth. 1.5 Explain social and cultural influences (race, ethnicity and socioeconomic status) as environmental constraints to physical activity for children. </td> </tr> <tr> <th>Course Outcome 2</th> <th>Learning Objectives for Course Outcome 2</th> </tr> <tr> <td>2. Describe and discuss child and youth development (physical, psychological, social) and apply to physical activity programming and the selection of appropriate activity options.</td> <td> 2.1 Identify physical psychological and social needs of children and youth 2.2 Identify and discuss age-appropriate physical activity options. 2.3 Participate in and compare various types of physical activity for children and youth, such as play, GLO, recreational sport, competitive sport, personal training, non-traditional games, team challenges, problem solving activities, co-op games. 2.4 Participate in and conduct age-appropriate fitness assessments </td> </tr> <tr> <th>Course Outcome 3</th> <th>Learning Objectives for Course Outcome 3</th> </tr> <tr> <td>3. Explain and demonstrate</td> <td>3.1 Describe and explain a variety of leadership styles.</td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	1. Define and explain components of healthy active living for children and youth.	1.1 Explain the present state of health and active living of Canadian children and youth according to research. 1.2 Describe and explain key components and the importance of the Canadian 24-Hour Movement Guidelines to increasing healthy active living in children and youth. 1.3 Explain the health implications of childhood inactivity. 1.4 List and explain patterns of physical activity as they relate to children and youth. 1.5 Explain social and cultural influences (race, ethnicity and socioeconomic status) as environmental constraints to physical activity for children.	Course Outcome 2	Learning Objectives for Course Outcome 2	2. Describe and discuss child and youth development (physical, psychological, social) and apply to physical activity programming and the selection of appropriate activity options.	2.1 Identify physical psychological and social needs of children and youth 2.2 Identify and discuss age-appropriate physical activity options. 2.3 Participate in and compare various types of physical activity for children and youth, such as play, GLO, recreational sport, competitive sport, personal training, non-traditional games, team challenges, problem solving activities, co-op games. 2.4 Participate in and conduct age-appropriate fitness assessments	Course Outcome 3	Learning Objectives for Course Outcome 3	3. Explain and demonstrate	3.1 Describe and explain a variety of leadership styles.
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	effective communication and leadership skills as they relate to children and youth.	3.2 Describe and contrast effective and non-effective communication and leadership styles. 3.3 Explain the term and key components of relationship building. 3.4 Discuss and practice techniques to motivate children and youth.
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Demonstrate ability to adapt physical activity to the needs and strengths of participants based on assessment, individual needs and inclusivity.	4.1 Define strength training guidelines for children and youth. 4.2 Identify and demonstrate age-appropriate methods of establishing physical activity and fitness levels. s. 4.3 Define the FITT principle and apply it to training guidelines for children and youth. 4.4 Discuss and participate in inclusive physical activity options. 4.5 Discuss and participate in traditional and culture-based physical activity options.
	Course Outcome 5	Learning Objectives for Course Outcome 5
	5. Discuss elements of safety for children and youth as it relates to physical activity programming.	5.1 Discuss elements necessary to provide emotional safety to child and youth participants. 5.2 Discuss confidentiality and ethics concerning physical activity of children and youth. 5.3 Discuss and identify elements necessary for children to participate safely in activities 5.4 Administer informed consent documents and medical clearance forms prior to becoming physically active. 5.5 Work within the scope of practice as a fitness professional while working with children and youth 5.6 Facilitate referrals to appropriate health care professionals when necessary
	Course Outcome 6	Learning Objectives for Course Outcome 6
	6. Identify, contribute to and evaluate various community physical activity options for children and youth.	6.1 Participate in a leadership practical community experiences for children and/or youth. 6.2 Reflect on practical community experiences and relate to personal professional goals.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
1. Assignments	40%
2. Practical Experience	40%
3. Exam	20%

Date:

August 30, 2022

Addendum:

Please refer to the course outline addendum on the Learning Management System for further information.

