



## COURSE OUTLINE: FIT110 - PROF STANDARDS & COM

Prepared: Lisa Folz

Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT110: PROFESSIONAL STANDARDS AND COMMUNICATION
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Academic Year:</b>	2022-2023
<b>Course Description:</b>	In this course students will be introduced to the practices, ethics and behaviors that are necessary to be successful in the FHP program, industry, and on placement. In addition, students will identify and reflect on effective interpersonal communication techniques as they relate to roles in the fitness industry. Lastly, Students will explore the various opportunities available to them upon graduation such as career options, certifications, professional development opportunities, and articulation agreements.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	42
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3040 - FITNESS AND HEALTH</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	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 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 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.
<b>Essential Employability Skills (EES) addressed in this course:</b>	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.
	EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 4 Apply a systematic approach to solve problems.



- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

**Course Evaluation:**

Passing Grade: 50%,

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Books and Required Resources:**

CSEP-PATH Physical Activity Training for Health by CSEP  
 Publisher: CSEP Edition: 2nd  
 ISBN: 9781896900469

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Relate the procedures, actions, and processes of various fitness and health professional organizational standards to the various roles in the industry	1.1 Define the actions that a fitness professional is permitted to undertake under CSEP, Ontario Fitness Council, and other certifying bodies 1.2 Identify the requirements for attaining, maintaining and improving relevant professional qualifications, certifications and affiliations 1.3 Identify the various roles in the fitness and health industry 1.4 Define the code of conduct, ethics and core values of CSEP, Ontario Fitness Council, and other certifying bodies 1.5 Identify examples of liability exposure, negligence and standard of care and how adherence to the scope of practice and code of conduct mitigates risk
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Conduct pre-participation health screening using evidence-based tools	2.1 Demonstrate appropriate administration of the PAR-Q+, CSEP Get Active Questionnaire, and ACSM's Health Screening tool 2.2 Demonstrate the ability to provide appropriate recommendations based on the outcome of health screening tools 2.3 Identify appropriate referral sources 2.4 Identify appropriate record keeping practices i.e., SOAP notes
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Describe effective interpersonal communication skills as they	3.1 Identify language and communication styles appropriate for various clients 3.2 Define rapport and identify strategies to create a supportive



	relate to roles in the fitness industry	<p>environment</p> <p>3.3 Identify characteristics of a leader</p> <p>3.4 Interpret verbal and nonverbal behavior of clients and self</p> <p>3.5 Identify active listening skills</p> <p>3.6 Recognize the importance and characteristics of excellent customer service</p> <p>3.7 Identify techniques for conflict resolution</p> <p>3.8 Identify various modes of communication and the effectiveness of each for different clients</p> <p>3.9 Identify ways to communicate information persuasively and accurately in written, oral and other media formats</p> <p>3.10 Identify the appropriate use of electronic communications technology such as email, voice mail, and text messaging.</p> <p>3.11 Identify social media tools that are appropriate for the fitness and health field</p> <p>3.12 Use professional and industry specific terminology</p>
	<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
	4. Describe factors that influence communication	<p>4.1 Define perception and identify factors that affect perception</p> <p>4.2 Define self-concept and self-esteem</p> <p>4.3 Identify learning styles</p> <p>4.4 Identify personality factors and traits</p> <p>4.5 Identify listening styles and barriers</p> <p>4.6 Identify the relationship of attitudes, beliefs and values with effective communication</p> <p>4.7 Identify strategies for self-care</p> <p>4.8 Define culture and diversity and identify factors that enhance effective communication with varied populations</p> <p>4.9 Contrast the attitudes and actions of nurturing and toxic people</p>
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
	5. Demonstrate qualities of the fitness and health profession that positively influence relationships	<p>5.1 Participate in meetings using professional protocols</p> <p>5.2 Prepare documents, presentations, reports etc. using appropriate software and in an organized and professional manner.</p> <p>5.3 Define empathy and sympathy</p> <p>5.4 Identify effective time management skills and personal organization abilities</p> <p>5.5 Identify strategies for dealing with stress</p> <p>5.6 Discuss the importance of applying the following characteristics in a job setting: dependability, initiative, perseverance, honesty, trustworthiness, organization, preparedness, friendly, and open-mindedness.</p> <p>5.7 Discuss the importance of personal hygiene</p> <p>5.8 Discuss the advantages and disadvantages of working in a team</p>
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Discuss strategies for ongoing professional growth and development	<p>6.1 Identify professional development resources such as online courses, certifications, trainings, books, workshops, and higher education to promote growth and development.</p>



6.2 Identify professional development activities such as mentoring, volunteering, and practical learning to promote growth and development.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments	80%
Test	20%

**Date:**

August 30, 2022

**Addendum:**

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

