



COURSE OUTLINE: FIT153 - LEADERSHIP II-ADULTS

Prepared: Tina Montgomery

Approved: Bob Chapman, Chair, Health

Course Code: Title	FIT153: LEADERSHIP II-HEALTHY LIVING FOR ADULTS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2022-2023
Course Description:	The student will gain an understanding of adult human behaviour as it relates to initiating and adhering to healthy lifestyle changes. Several phases of adulthood will be defined and analyzed with special emphasis being placed on the role that healthy active living can play on improving the well-being of adults as they age. The role of supportive family and workplace environments will be explored as necessary components of a healthy active lifestyle for the adult. Through study and practical experience, the student will learn effective leadership techniques to design, conduct, and evaluate various purposeful physical activity sessions and active living programs for adults. Students will investigate and participate in a variety of community active living leadership opportunities within private and community fitness facilities.
Total Credits:	4
Hours/Week:	4
Total Hours:	56
Prerequisites:	FIT108, FIT109
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT152
This course is a pre-requisite for:	FIT204, FIT251
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 5 Develop business plans for a fitness and/or training business organization to ensure sustainability and viability while mitigating risks.
	VLO 6 Support community health promotion strategies for active healthy living in the general population.



	<p>VLO 8 Provide positive reinforcement to empower clients and help them sustain their efforts.</p> <p>VLO 9 Develop plans and implement strategies for ongoing professional growth and development.</p> <p>VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats.</p>								
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 4 Apply a systematic approach to solve problems.</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 7 Analyze, evaluate, and apply relevant information from a variety of sources.</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%,</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>								
Books and Required Resources:	<p>CSEP-PATH: Physical Activity Training for Health by CSEP Publisher: CSEP Edition: 3rd ISBN: 9781896900582</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. Identify and explain patterns and barriers to physical activity as they apply to various stages of adulthood</td> <td> 1.1 List and explain patterns of physical activity as they relate to adults 1.2 Identify and explain current physical activity guidelines for adults according to the Canadian Physical Activity Guidelines </td> </tr> <tr> <th>Course Outcome 2</th> <th>Learning Objectives for Course Outcome 2</th> </tr> <tr> <td>2. Apply basic knowledge of cardiorespiratory physiology, anatomy, biomechanics and exercise physiology to training programs</td> <td> 2.1 Identify appropriate training techniques for a variety of clients 2.2 Identity appropriate training plans to improve health related components of fitness 2.3 Design and implement a complete training plan for a client 2.4 Demonstrate ability to teach basic human movement including appropriate cues, demonstration and corrective </td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	1. Identify and explain patterns and barriers to physical activity as they apply to various stages of adulthood	1.1 List and explain patterns of physical activity as they relate to adults 1.2 Identify and explain current physical activity guidelines for adults according to the Canadian Physical Activity Guidelines	Course Outcome 2	Learning Objectives for Course Outcome 2	2. Apply basic knowledge of cardiorespiratory physiology, anatomy, biomechanics and exercise physiology to training programs	2.1 Identify appropriate training techniques for a variety of clients 2.2 Identity appropriate training plans to improve health related components of fitness 2.3 Design and implement a complete training plan for a client 2.4 Demonstrate ability to teach basic human movement including appropriate cues, demonstration and corrective
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		coaching.
	Course Outcome 3	Learning Objectives for Course Outcome 3
	3. Explain and demonstrate effective communication and leadership styles for adults	3.1 Identify and explain key components of effective communication 3.2 Contrast effective and ineffective communication styles 3.3 Demonstrate effective communication through providing and accepting feedback 3.4 Apply knowledge of concepts of motivational interviewing techniques
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Demonstrate the ability to design and modify activities and programs to the abilities and strengths of individuals	4.1 Apply current research of adult lifestyle patterns to physical activity programming for adults 4.2 Define safety guidelines for physical activity programs for adults 4.3 Identify appropriate equipment for adult physical activity programs for adults 4.4 Discuss elements of program modifications for physical, social and emotional considerations as they apply to music, scheduling, and class format 4.5 Recognize limitations as fitness provider with respect to individuals with special circumstances
	Course Outcome 5	Learning Objectives for Course Outcome 5
	5. Identify, contribute to and evaluate adult physical activity programs and events in the community.	5.1 Identify and discuss active healthy living opportunities within the community 5.2 Reflect on field experience and relate to personal professional goals
	Course Outcome 6	Learning Objectives for Course Outcome 6
	6. Analyze current research of health, fitness and well-being trends for Adults	6.1 Identify potential new markets for adult active living programming 6.2 Discuss current physical activity trends for adults

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	60%
Tests	40%

Date:

December 20, 2022

Addendum:

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

