



## COURSE OUTLINE: FIT154 - TRENDS IN WELLNESS

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Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT154: RESEARCH AND TRENDS IN WELLNESS
<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>	Students will learn to critically examine the latest research and trends in the rapidly-changing fitness and health promotion industry. Through discussion and independent study the students will learn to assess evidence based information and industry fads and practice communicating their findings.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	2
<b>Total Hours:</b>	28
<b>Prerequisites:</b>	FIT108
<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>
	VLO 9 Develop plans and implement strategies for ongoing professional growth and development.
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	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 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.
<b>Course Evaluation:</b>	Passing Grade: 50%,  A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.



**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Demonstrate an understanding of types of research, the research process and its use in the field of fitness and health.	1.1 Describe common types of research studies 1.2 Compare research studies based on the hierarchy of evidence. 1.3 Describe the peer review process. 1.4 Find published examples of the different types of research studies.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Demonstrate the skills necessary to complete research in the field of fitness and health.	2.1 Identify and utilize professional publications. 2.2 Demonstrate the computer literacy skills necessary to complete research. 2.3 Demonstrate a basic understanding of appropriate referencing. 2.4 Identify and utilize credible online sources.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Demonstrate an ability to critically analyze and interpret valid research articles and popular trends.	3.1 Define and describe the difference between trends and fads. 3.2 Ability to identify current trends. 3.3 Demonstrate the ability to search for credible, peer-reviewed literature. 3.4 Demonstrate the ability to identify unbiased research. 3.5 Demonstrate the ability to summarize research into their own words. 3.6 Demonstrate the ability to discuss the difference between conflicting articles. 3.6 Demonstrate an understanding of sample size, sources, duration, and validity of articles
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Discuss and apply critical thinking skills to determine the validity of fitness and health trends.	4.1 Use credible sources to examine fitness and health trends.

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Assignments	60%
Exam	25%
Online Quizzes	15%

**Date:**

December 20, 2022

**Addendum:**

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

