



COURSE OUTLINE: FIT204 - LEADERSHIP III

Prepared: Lisa Folz

Approved: Bob Chapman, Chair, Health

| | |
|--|--|
| Course Code: Title | FIT204: HEALTHY ACTIVE LIVING-SPEC POPULATIONS |
| Program Number: Name | 3040: FITNESS AND HEALTH |
| Department: | FITNESS & HEALTH PROMOTION |
| Academic Year: | 2022-2023 |
| Course Description: | This course will provide students with the ability to identify special populations and modify variables to facilitate those with distinctive needs, cultural diversity and medical conditions to experience healthy active living. Students will apply knowledge gained through study and practical experience to design, lead, evaluate and participate in a variety of activity sessions for diverse populations within the college setting and community. |
| Total Credits: | 5 |
| Hours/Week: | 5 |
| Total Hours: | 75 |
| Prerequisites: | FIT153 |
| Corequisites: | There are no co-requisites for this course. |
| This course is a pre-requisite for: | FIT254, FIT255 |
| 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 6 Support community health promotion strategies for active healthy living in the general population. |
| | 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 10 Communicate information persuasively and accurately in oral, written, and other media formats. |



Essential Employability Skills (EES) addressed in this course:

- 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.
- 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.

Other Course Evaluation & Assessment Requirements:

S/U for Placement Component (14 hours)

Books and Required Resources:

Texts from previous semester will be used

Course Outcomes and Learning Objectives:

| Course Outcome 1 | Learning Objectives for Course Outcome 1 |
|--|---|
| 1. Design fitness and wellness programs for a variety of special populations | 1.1 Identify the needs, wants, abilities and limitations of senior populations. 1.2 Identify the needs, wants, abilities and limitations of pre/postnatal women. 1.3 Identify the needs, wants, abilities and limitations of those with diverse physical limitations. 1.4 Identify the needs, wants, abilities and limitations of visual and Auditory disabilities. 1.5 Identify the needs, wants, abilities and limitations of those with respiratory, cardiovascular, neurological and metabolic disease. |
| Course Outcome 2 | Learning Objectives for Course Outcome 2 |
| 2. Demonstrate effective communication and leadership styles as they relate to individuals with special needs. | 2.1 Identify communication styles appropriate for clients with special needs 2.2 Respond sensitively to individual rights and cultural diversity 2.3 Interpret verbal and nonverbal communication to validate your understanding of the client 2.4 Use active listening skills 2.5 Apply motivational techniques that might be used to increase client adherence |



| | |
|--|--|
| | 2.6 Communicate clearly with clients, staff, allied health professionals and volunteers in written and verbal forms |
| Course Outcome 3 | Learning Objectives for Course Outcome 3 |
| 3. Discuss solutions to common barriers to physical activity for special populations | 3.1 Identify physiological factors that contribute to limiting physical performance for special population sectors. 3.2 Identify psychological factors that contribute to limiting physical performance for special population sectors. 3.3 Identify economic and cultural factors that contribute to limiting physical performance for special population sectors. 3.4 Identify motivational techniques that contribute to enhancing physical performance for special population sectors. |
| Course Outcome 4 | Learning Objectives for Course Outcome 4 |
| 4. Critique fitness and wellness programs that are designed for individuals with special needs within communities. | 4.1 Participate in programs designed for special needs populations. 4.2 Research best practices for addressing the needs of special populations. 4.3 Research and analyze precautions related to programming for individuals and groups with special needs. |
| Course Outcome 5 | Learning Objectives for Course Outcome 5 |
| 5. Discuss standards, regulations and precautions that are necessary to provide safe specialized physical activity programs. | 5.1 Determine eligibility of individuals with special precautions that fall within the certified personal trainer's scope of practice. 5.2 Identify safe and effective testing protocols as they apply to special populations. 5.3 Describe limitations as a fitness provider with respect to dealing with individuals with special needs. |
| Course Outcome 6 | Learning Objectives for Course Outcome 6 |
| 6. Design fitness and wellness programs grounded in the fundamentals of anatomy, biomechanics, physiology and nutrition | 6.1 Identify exercises for muscles and joints that need special attention 6.2 Identify exercises for physiological systems that need special attention 6.3 Identify exercises for movement patterns that need special attention 6.4 Identify appropriate nutrition advice for special needs |
| Course Outcome 7 | Learning Objectives for Course Outcome 7 |
| 7. Evaluate various community physical activity programs for special populations. | 7.1 Participate in a practical community learning experience. 7.2 Reflect on practical experience and relate to personal professional goals. 7.3 Establish reasonable and realistic personal and professional goals to enhance work performance 7.4 Apply effective time management and organizational skills 7.5 Utilize strategies to effectively adapt to stress 7.4 Meet requirements for maintaining and improving professional goals 7.5 Access and use appropriate resources and self-care strategies to enhance personal growth 7.6 Present oneself using a portfolio to identify personal skills, knowledge, and experience. |

| | Course Outcome 8 | Learning Objectives for Course Outcome 8 |
|--|--|--|
| | 8. Conduct fitness assessments for special populations | 8.1 Assess older adults using the Seniors Fitness Test 8.2 Assess cardiovascular function of COPD patients using the 6 minute walk test 8.3 Apply various CSEP fitness assessments to a variety of populations |

Evaluation Process and Grading System:

| Evaluation Type | Evaluation Weight |
|------------------------|--------------------------|
| Case Studies | 30% |
| Exams | 40% |
| Final Project | 30% |

Date: September 6, 2022

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