



COURSE OUTLINE: FIT207 - FITNESS ASSESSMENT 2

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Approved: Bob Chapman, Chair, Health

Course Code: Title	FIT207: FITNESS ASSESSMENTS II
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2022-2023
Course Description:	This course is the second part of a two part series (Fitness Assessments I and II). This course will further build upon the skills and concepts learned in Fitness Assessments I. Students will also develop an understanding of skill-related assessments to determine a persons speed, balance, coordination, power, and agility and assessments to determine functional mobility and muscle balance. The concepts of advanced assessments such as VO2 max testing will be introduced. CSEP-PATH concepts and skills will be enhanced to prepare students for the national CSEP-CPT examination. The student will be expected to demonstrate competence in the administration of learned assessments, as well as effective instruction, cueing and providing feedback to the client.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	FIT156, PNG121
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 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	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form



Skills (EES) addressed in this course:

- 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 3 Execute mathematical operations accurately.
- 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: 3rd
 ISBN: 9781896900582

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Enhance communication skills with clients.	1.1 Communicate appraisal results in both written and oral formats. 1.2 Communicate appraisal results in a comprehensible manner to the client. 1.3 Promote to the client an understanding of their current fitness status.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Identify, assess, interpret, design and record a clients assessment results using evidenced based assessments and techniques.	2.1 Match appropriate assessments to a variety of client needs. 2.2 Administer a variety of skill related assessments, such as, Speed, Balance, Coordination, Agility, Power, Aerobic and Anaerobic fitness and 1-5 RM. 2.3 Interpret and communicate results to the client. 2.4 Document results using SOAP format. 2.5 Design exercise programming that will enhance the clients fitness level
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Apply foundational knowledge of exercise physiology, anatomy, and biomechanics to relevant	3.1 Assess, correct and/or modify a clients technique as they perform basic movement patterns 3.2 Assess a clients muscle balance.



	aspects of the appraisal to the client's program design.	3.3 Design relevant exercise programs to enhance the client's functional mobility
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Assess the needs and abilities of clients in various professions in order to develop relevant assessments, activities, and exercises.	4.1 Understand and explain the connection between the demands of their client's job and the physical assessments related to their job. 4.2 Demonstrate an understanding of ergonomics as it relates to human movement and performance during fitness-related activities. 4.3 Able to make recommendations for task modification on the job and for physical activities of daily living. 4.4 Able to provide appropriate exercise recommendations to improve a person's performance during a work-related assessment and on the job.
	Course Outcome 5	Learning Objectives for Course Outcome 5
	5. Understand the basic protocol, physiology, and scope of practice for advanced assessments.	5.1 Assist with monitoring a client during a maximal testing.
	Course Outcome 6	Learning Objectives for Course Outcome 6
6. Utilize relevant theory to discuss weaknesses and strengths of performance related appraisal protocols.	6.1 Differentiate between similar appraisal protocols. 6.2 Demonstrate an ability to search for evidenced-based assessments. 6.3 Develop an assessment resource tool to identify appropriate assessments for a variety of health and skill related components.	

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	50%
Practical Exams	50%

Date:

December 20, 2022

Addendum:

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

