



## COURSE OUTLINE: FIT251 - EXERCIS PRESCRIPTION

Prepared: Tina Montgomery

Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT251: EXERCISE PRESCRIPTION
<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>	This course provides the student with the practical knowledge required to design individual training and lifestyle programs tailored to the clients needs, and wants. Students will apply theory learned in previous courses to appropriately design and implement training programs for one client on campus. Students will also be assigned a mentor to assist with program development.
<b>Total Credits:</b>	4
<b>Hours/Week:</b>	4
<b>Total Hours:</b>	56
<b>Prerequisites:</b>	FIT153
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	FIT255
<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 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.
	VLO 8 Provide positive reinforcement to empower clients and help them sustain their efforts.
	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>	<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 3 Execute mathematical operations accurately.</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>								
<b>Course Evaluation:</b>	<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>								
<b>Books and Required Resources:</b>	<p>CSEP-PATH Physical Activity Training for Health by CSEP          Publisher: CSEP Edition: 3rd          ISBN: 9781896900582</p>								
<b>Course Outcomes and Learning Objectives:</b>	<table border="1"> <thead> <tr> <th><b>Course Outcome 1</b></th> <th><b>Learning Objectives for Course Outcome 1</b></th> </tr> </thead> <tbody> <tr> <td>1. Prescribe, design, implement, and evaluate individual training and lifestyle programs.</td> <td>           1.1 Apply knowledge of a broad range of physical activity options            1.2 Prescribe safe and healthy activities, exercises, and programs            1.3 Select exercises and appropriate equipment for individual clients            1.4 Apply training principles            1.5 Identify assessment and prescription limitations of the fitness professional            1.6 Apply motivational techniques            1.7 Plan and schedule activities, and programs by developing and applying appropriate principles, purposes, goals, objectives, and time lines            1.8 Demonstrate the correct selection of equipment and execution of various types of activities/exercises         </td> </tr> <tr> <th><b>Course Outcome 2</b></th> <th><b>Learning Objectives for Course Outcome 2</b></th> </tr> <tr> <td>2. Assess client needs</td> <td>2.1 Select tools, design strategies, and create action plans by applying the guiding principles of behavior change</td> </tr> </tbody> </table>	<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>	1. Prescribe, design, implement, and evaluate individual training and lifestyle programs.	1.1 Apply knowledge of a broad range of physical activity options 1.2 Prescribe safe and healthy activities, exercises, and programs 1.3 Select exercises and appropriate equipment for individual clients 1.4 Apply training principles 1.5 Identify assessment and prescription limitations of the fitness professional 1.6 Apply motivational techniques 1.7 Plan and schedule activities, and programs by developing and applying appropriate principles, purposes, goals, objectives, and time lines 1.8 Demonstrate the correct selection of equipment and execution of various types of activities/exercises	<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>	2. Assess client needs	2.1 Select tools, design strategies, and create action plans by applying the guiding principles of behavior change
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	2.2 Determine the needs, wants, abilities, and limitations of the client for goal setting 2.3 Apply knowledge of assessment to determine the needs of the client 2.4 Match activities and programs to the needs and strengths of individuals or groups
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Monitor client progress	3.1 Monitor clients response to training and modify training to suit client needs 3.2 Monitor exercise and activity programs and adapt and modify, when necessary, to meet the needs of the client 3.3 Observe client performance and give appropriate and timely feedback to the client 3.4 Monitor intensity and progression of activity/exercise programs 3.5 Present information in a clear and understandable manner utilizing a variety of instructional techniques to fully involve client 3.6 Provide appropriate supervision and spotting techniques where needed 3.7 Ensure clients are instructed in the usage of all equipment
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Demonstrate appropriate level of leadership and professionalism in the selection, training, and guiding of volunteers	4.1 Appropriately responding to the concerns, needs, and issues of individuals

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Mentoring	20%
Personal Training Portfolio	20%
Practical Exam	60%

**Date:**

December 20, 2022

**Addendum:**

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

