

COURSE OUTLINE: FIT255 - FIELD PLACEMENT

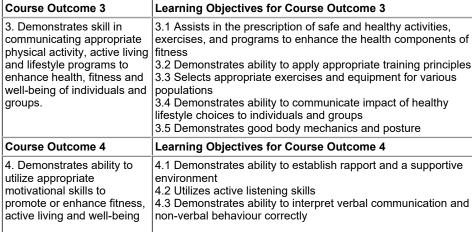
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FIT255: CONSOLIDATING FIELD PLACEMENT		
3040: FITNESS AND HEALTH		
FITNESS & HEALTH PROMOTION		
2022-2023		
This course is the consolidating practicum for the Fitness and Health Promotion program. Students will be placed in a community setting where, under supervision, they will carry out duties as defined by the student, the agency supervisor and the program faculty. The goal of practicum is to provide the students the opportunity to apply the knowledge, skills and values at an entry level position in the field of health promotion and fitness.		
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FIT203, FIT204, FIT206, FIT207, FIT251		
There are no co-requisites for this course.		
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3040 - FITNESS AND HEALTH		
VLO 6	Support community health promotion strategies for active healthy living in the general population.	
	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 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.	
	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 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	
	3040: FIT FITNESS 2022-202 This cours Students duties as practicum an entry le 18 8 100 FIT203, F There are FIT250 3040 - FI VLO 6 VLO 7 VLO 9 VLO 10 EES 1 EES 2 EES 3 EES 4 EES 5	

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	EES 7	Analyze, evaluate,	and apply relevant information from a variety of sources.		
	EES 8	Show respect for thoo thers.	e diverse opinions, values, belief systems, and contributions of		
	EES 9	relationships and the achievement of goals.			
	EES 10				
	EES 11	ES 11 Take responsibility for ones own actions, decisions, and consequences.			
Course Evaluation:	Satisfactory/Unsatisfactory & A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.				
Course Outcomes and Learning Objectives:	Course	Outcome 1	Learning Objectives for Course Outcome 1		



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	of individuals and groups.	4.4 Demonstrates unconditional positive regard and remains non-judgmental while working with individuals and groups 4.5 Utilizes communication styles appropriate for a variety of age groups 4.6 Demonstrates ability to apply motivational techniques to increase adherence to a healthy lifestyle
	Course Outcome 5	Learning Objectives for Course Outcome 5
	5. Demonstrates appropriate professional and ethical behaviour.	5.1 Communicates clearly and coherently in appropriate written and spoken formats 5.2 Maintains behaviours consistent with the policies and procedures of the organization (dress code, punctuality, absences) 5.3 Maintains confidentiality 5.4 Manages conflict and accepts feedback in a constructive manner 5.5 Applies effective time management skills and personal organization abilities
	Course Outcome 6	Learning Objectives for Course Outcome 6
app stra	6. Demonstrates ability to apply risk management strategies.	6.1 Ensures equipment maintenance and safety checks are completed in a timely manner 6.2 Ensures individuals and groups are instructed in the safe usage of all equipment and execution of exercises 6.3 Applies knowledge of first aid and CPR if necessary 6.4 Provides appropriate supervision to individuals and groups where needed
	Course Outcome 7	Learning Objectives for Course Outcome 7
	7. Demonstrates ability to contribute to health promotion strategies.	7.1 Demonstrates ability promote the importance and value of healthy active living 7.2 Demonstrates the ability to design and lead health promotion events and/or strategies
Date:	December 20, 2022	

Addendum:

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

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