



COURSE OUTLINE: FIT112 - INTRO PHYS ACT/WELL

Prepared: Heather Pusch

Approved: Bob Chapman, Chair, Health

Course Code: Title	FIT112: INTRO TO PHYSICAL ACTIVITY & WELLNESS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2023-2024
Course Description:	This course will introduce and provide practical application of the concepts of health and wellness. Emphasis will be placed on taking control of individual health and lifestyle habits to improve overall wellness. Through examination of personal health and wellness choices, group discussion, hands-on activities, and investigation into community resources and programs, students will develop the skills necessary to apply these wellness skills to others.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT108
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 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 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 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 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 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%, D

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
1. Describe the benefits and significance of participating in a lifetime physical activity and wellness program.	1.1 Define wellness and list the dimensions. 1.2 Describe the health benefits of physical activity and other lifestyle behaviours. 1.3 Examine factors that contribute to overall health and wellness. 1.4 Explain the difference between physical fitness and wellness. 1.5 Identify the Canadian 24-Hour Movement Guidelines. 1.6 Identify factors that may interfere with participation in physical activity. 1.7 List factors to consider when selecting fitness and recreations programs.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Identify and analyze personal lifestyle factors that contribute to overall health and wellness.	2.1 Assess wellness dimensions and identify strategies for improvement. 2.2 Describe how to use Canada`s Food guide to achieve healthy eating behaviours. 2.3 Identify healthy sleep habits. 2.4 Define sedentary behaviour and identify strategies to reduce sedentary behaviour.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Examine the role of physical activity and wellness programs in the prevention and management of chronic disease.	3.1 Define chronic disease 3.2 Identify leading Canadian health issues. 3.3 Demonstrate knowledge of chronic disease pathology for prevailing chronic diseases in Canada. 3.4 Describe factors contributing to the development of chronic disease. 3.5 Identify factors that assist with the management of chronic disease.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Participate in a variety of physical activity options that maximize the benefits of health and wellness.	4.1 Compare and contract physical activity and physical fitness. 4.2 Demonstrate knowledge and skills related to the development of physical fitness. 4.3 Participate in a variety of fitness and recreational activities that contribute to physical fitness and wellness.



	Course Outcome 5	Learning Objectives for Course Outcome 5							
	5. Examine the role of mental health as a contributing factor to overall wellness.	5.1 Define mental health and the mental health continuum. 5.2 Examine factors contributing to poor mental health. 5.3 Assess stress and identify healthy coping strategies. 5.4 Participate in activities that contribute to positive mental health.							
	Course Outcome 6	Learning Objectives for Course Outcome 6							
	6. Determine the credibility of health and wellness practices and resources.	6.1 Compare and contrast sources of health information and determine credibility. 6.2 Define pseudoscience and provide examples from the health and wellness industry. 6.3 Analyze health practices and resources to determine credibility. 6.4 Identify peer reviewed research.							
Evaluation Process and Grading System:	<table border="1"> <thead> <tr> <th>Evaluation Type</th> <th>Evaluation Weight</th> </tr> </thead> <tbody> <tr> <td>Assignments</td> <td>30%</td> </tr> <tr> <td>Labs</td> <td>40%</td> </tr> <tr> <td>Tests</td> <td>30%</td> </tr> </tbody> </table>	Evaluation Type	Evaluation Weight	Assignments	30%	Labs	40%	Tests	30%
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Date:	August 4, 2023								
Addendum:	Please refer to the course outline addendum on the Learning Management System for further information.								