



## COURSE OUTLINE: FIT156 - FITNESS ASSESSMENT 1

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Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT156: FITNESS ASESSEMENTS I
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Academic Year:</b>	2023-2024
<b>Course Description:</b>	This course will familiarize students with a variety of fitness assessments used to determine a persons cardiovascular capacity, muscular strength and endurance, body composition, and flexibility. Baseline testing such as blood pressure and heart rate readings will also be practiced. CSEP-PATH concepts will be introduced in this course 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, cuing and providing feedback to the client.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	42
<b>Prerequisites:</b>	FIT107, FIT108, OPA104, PNG111
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	FIT203, FIT207
<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 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 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 10 Communicate information persuasively and accurately in oral, written, and other media formats.
<b>Essential Employability Skills (EES) addressed in this course:</b>	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 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:**

Students will use the CSEP-PATH book purchased in year 1.

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Assess levels of physical fitness to develop and evaluate safe and goal orientated strategies tailored to maximize the benefits of health, fitness and well-being.	1.1 Apply appropriate exercises and activities to assist the client in improving their scores on particular fitness assessments.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Communicate procedures, concepts and terminology, related to the delivery of fitness assessments, to clients in non-technical terms.	2.1 Explain protocols of assessments learned in this course in detail to ensure safety and comfort of the client. 2.2 Explain the reason for completing certain fitness assessments to clients 2.3 Explain submaximal VO2 in non-technical terms
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Interpret fitness assessment results and communicate findings to clients, in non-technical terms.	3.1 Explain what blood pressure and heart rate measures and its relationship to exercise and performance 3.2 Explain how their body composition results relate to health and fitness 3.3 Explain how their submaximal aerobic and anaerobic results relate to their cardiorespiratory health and performance 3.4 Explain how their musculoskeletal results relate to health and performance
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>



	4. Identify clients who should seek medical clearance prior to performing a fitness appraisal or to becoming physically active.	4.1 Identify clients who may need to seek medical advice prior to an assessment or exercise session using evidence based protocols and documents
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
	5. Utilize current theories to discuss weaknesses and strengths of various fitness assessments.	5.1 Identify which protocols are appropriate for clients 5.2 Identify which protocols are appropriate to improve various areas of performance
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Administer fitness assessments using a variety of laboratory instruments, techniques and procedures for baseline fitness evaluations.	6.1 Utilize instruments such as, blood pressure cuff and stethoscope, HR monitor, skinfold calipers, weight scale, circumference tapes, goniometer, mCAFT steps, cycle ergometer, treadmill, flexometer, hand dynamometer, and stopwatch 6.2 Administer baseline procedures including pulse and blood pressure readings, body mass, body fat percentage, girth measurements, muscular strength, endurance and flexibility, and aerobic and anaerobic submaximal VO2 tests.
	<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
	7. Administer and evaluate a participant's competency in performing the CSEP-PATH standardized protocols.	7.1 Blood pressure and heart rate protocols 7.2 Waist circumference, weight and height protocols 7.3 1 mile walk test 7.4 mCAFT step test 7.5 YMCA cycle ergometer test 7.6 Ebbeling Single Stage Walking Treadmill Test 7.7 Grip Strength 7.8 Sit and Reach 7.9 Push-ups 7.10 Single-leg balance 7.11 Back extension 7.12 Vertical jump
	<b>Course Outcome 8</b>	<b>Learning Objectives for Course Outcome 8</b>
	8. Calculate various performance evaluations using standardized equations to determine a client's current fitness level.	8.1 CSEP-PATH Body Composition equations 8.2 CSEP-PATH submaximal vo2 (aerobic) equations 8.3 CSEP-PATH submaximal musculoskeletal equations

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments	40%
Practical Assessments	30%
Tests	30%

**Date:** August 4, 2023

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

