

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



**SAULT  
COLLEGE**

**COURSE OUTLINE**

**COURSE TITLE:** Leadership I  
Healthy Active Living for Children and Youth

**CODE NO. :** FIT109 **SEMESTER:** 1

**PROGRAM:** Fitness and Health Promotion

**AUTHOR:** Tania Hazlett

**DATE:** Sept. 2013 **PREVIOUS OUTLINE DATED:** Sept/12

**APPROVED:** \_\_\_\_\_  
"Marilyn King" Aug. 2013

	<b>CHAIR, HEALTH PROGRAMS</b>	<b>DATE</b>
<b>TOTAL CREDITS:</b>	3 credits	
<b>PREREQUISITE(S):</b>	None	
<b>SUBSTITUTE(s):</b>	FIT102	
<b>HOURS/WEEK:</b>	3 hours/week	

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*For additional information, please contact Marilyn King, Chair, Health Programs*  
*School of Health Wellness and Continuing Education*  
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## **I. COURSE DESCRIPTION:**

Students will develop effective leadership skills to design and implement age appropriate physical activity programs for children and youth. Students will explore current research of active living as it applies to children and youth to create programs that will improve the physical fitness, health and well being of this age group. Barriers to physical activity for children and youth and the necessity of supportive environments will be investigated. Leadership skills will be developed through various practical experiences.

## **II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

In general, this course addresses Vocational Learning Outcomes (cross-referenced with the Program Standards) in: assessment, development and application skills (1,2,4,5,6,7,11), evaluation skills (5), risk management (10), professional development (9) and communication skills (1,3,11). It addresses Generic Skills Learning Outcomes 1,2,4,5,6,7,8,9,10,11,12,13.

Upon successful completion of this course, the student will demonstrate the ability to:

1. Define and explain components of healthy active living for children and youth.

### Potential Elements of the Performance:

- Define and explain the terms physical activity, exercise, physical fitness, health and active living, wellness
- Identify health components of fitness
- Identify performance components of fitness
- Explain the present state of health and active living of Canadian children and youth according to CSEP research
- Describe important concepts from Canada's Report Card on Physical Activity for Children and Youth
- Describe and explain key components and the importance of Canada's Physical Activity Guide for Children and Youth to increasing healthy active living in children and youth

- 2.. Describe and discuss child and youth development (physical, psychological, social) and implications for physical activity programming.

Potential Elements of the Performance:

- Explain the health implications of childhood inactivity
- Identify and discuss age-appropriate physical activity options

3. Explore and discuss research pertaining to patterns and barriers of child and youth physical activity

Potential Elements of the Performance:

- List and explain patterns of physical activity as they relate to children and youth
- Explain social and cultural influences (race, ethnicity and socioeconomic status) as environmental constraints to physical activity for children

4. Explain and demonstrate effective communication and leadership styles/characteristics as they relate to children and youth.

Potential Elements of the Performance:

- Describe and explain command, submissive, co-operative leadership styles
- Describe and contrast effective and non-effective communication styles
- Explain the term and key components of relationship building
- Discuss techniques to motivate children and youth

5. Define and discuss physical activity options for children and youth.

Potential Elements of the Performance:

- Participate in and compare various types of physical activity for children and youth – play, GLO, recreational sport, competitive sport, personal training, non-traditional games, team challenges, problem solving activities, co-op games

6. Demonstrate ability to adapt physical activity to the needs and strengths of participants based on assessment and performance.

Potential Elements of the Performance:

- Define CSEP strength training guidelines for children and youth
- Identify and demonstrate age-appropriate methods of establishing physical activity and fitness levels
- Define the FITT principle and apply it to training guidelines for children and youth
- Discuss Heart Rate Training Zones as they apply to youth
- Discuss various activity options for children and youth with special needs

7. Discuss elements of safety for children and youth as it relates to physical activity programming.

Potential Elements of the Performance:

- Define facility standards and instructor certifications necessary for safe program delivery,
- List and describe the Canadian Fitness Safety Standards
- Discuss elements necessary to provide emotional safety to child and youth participants
- Discuss confidentiality and ethics concerning physical activity of children and youth
- Identify limitations as a fitness provider when dealing with children and youth

8. Identify, contribute to and evaluate various community physical activity programs for children and youth.

Potential Elements of the Performance:

- Participate in a leadership practical community experiences for children and/or youth
- Reflect on practical community experiences and relate to personal professional goals

### III. TOPICS:

1. Important Concepts about Physical Activity for Children and Youth
2. Health Implications of Physical Inactivity in children and youth
3. Communicating with Children and Youth
4. Risk Management in Program Development and Implementation
5. Creating and Evaluating Effective Programs for Children and Youth
6. Assessment of Physical Activity Levels and Adaptation of Programs

### IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

*CSEP-PATH*

*Canadian Society for Exercise Physiology - Physical Activity Training for Health*

### V. EVALUATION PROCESS/GRADING SYSTEM:

1. The following semester grades will be assigned to students:

1. Learning Activities – 10%
2. Assignment #1 – 10%
3. Assignment #2 – 20%
4. Assignment #3 – 20%
4. Midterm – 15%
5. Final – 25%

2. All test/exams are the property of Sault College.

3. Students missing any of the tests or exams because of illness or other serious reason must notify the professor **BEFORE** the test or exam. The professor reserves the right to request to support the student's request.

4. Those students who have notified the professor of their absence that day will be eligible to arrange an opportunity as soon as possible to write the test or exam at another time. Those students who **DO NOT NOTIFY** the professor will receive a zero for that test or exam.

5. For assignments not handed in by the due date, the mark received will be zero. Extensions will be granted if requested in writing at least 24 hours before the due date. There will be a deduction of one percent (of final grade) per day for every school day late with the permission of an extension. This means that an extension for 5 school days (1 week) will result in 5 percentage points deducted from the final grade.

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	
A	80 – 89%	4.00
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

## VI. SPECIAL NOTES:

### Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

## VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.