



# COURSE OUTLINE

## FIT109

Prepared: Heather Pusch, Taniz Hazlett Approved: Bob Chapman

<b>Course Code: Title</b>	FIT109: LEADERSHIP 1-HEALTHY LIVING CHILD/YOUTH
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semester/Term:</b>	17F
<b>Course Description:</b>	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.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Substitutes:</b>	FIT102
<b>This course is a pre-requisite for:</b>	FIT150, FIT153
<b>Vocational Learning Outcomes (VLO's):</b>  Please refer to program web page for a complete listing of program outcomes where applicable.	<p>#1. Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.</p> <p>#2. Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.</p> <p>#3. Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.</p> <p>#4. Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.</p> <p>#5. Develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.</p> <p>#6. Train individuals and instruct groups in exercise and physical activities.</p> <p>#7. Contribute to community health promotion strategies.</p> <p>#10. Develop and implement risk management strategies for health and fitness programs, activities and facilities.</p>



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**Essential Employability Skills (EES):**

#11. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.

#1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.

#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.

#5. Use a variety of thinking skills to anticipate and solve problems.

#8. Show respect for the diverse opinions, values, belief systems, and contributions of others.

#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.

#10. Manage the use of time and other resources to complete projects.

#11. Take responsibility for ones own actions, decisions, and consequences.

**Course Evaluation:**

Passing Grade: 50%,

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments	30%
Exam	20%
Learning Activities	10%
Practical Experiences	40%

**Course Outcomes and Learning Objectives:**

### Course Outcome 1.

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

### Learning Objectives 1.

- 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

### Course Outcome 2.



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

### **Learning Objectives 2.**

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

### **Course Outcome 3.**

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

### **Learning Objectives 3.**

- 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

### **Course Outcome 4.**

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

### **Learning Objectives 4.**

- 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

### **Course Outcome 5.**

Define and discuss physical activity options for children and youth.



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### **Learning Objectives 5.**

- 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

### **Course Outcome 6.**

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

### **Learning Objectives 6.**

- 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

### **Course Outcome 7.**

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

### **Learning Objectives 7.**

- 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

### **Course Outcome 8.**

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



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and youth.

### **Learning Objectives 8.**

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

**Date:**

Wednesday, August 30, 2017

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