



COURSE OUTLINE

FIT204

Prepared: Lisa Maidra, Tania Hazlett Approved: Bob Chapman

Course Code: Title	FIT204: HEALTHY ACTIVE LIVING-SPEC POPULATIONS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	17F
Course Description:	This course will provide students with the ability to identify special populations and modify variables to facilitate those with distinctive needs, cultural diversity and medical conditions to experience healthy active living. Students will apply knowledge gained through study and practical experience to design, lead, evaluate and participate in a variety of activity sessions for diverse populations within the college setting and community.
Total Credits:	5
Hours/Week:	5
Total Hours:	75
Prerequisites:	FIT153
This course is a pre-requisite for:	FIT250, FIT253, FIT254, FIT255
Vocational Learning Outcomes (VLO's): 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>#8. Assist in the development of business plans for health and fitness programs, activities and facilities.</p> <p>#9. Implement strategies and plans for ongoing personal and professional growth and</p>



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development.
#10. Develop and implement risk management strategies for health and fitness programs, activities and facilities.
#11. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.

Essential Employability Skills (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.
#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
#4. Apply a systematic approach to solve problems.
#5. Use a variety of thinking skills to anticipate and solve problems.
#7. Analyze, evaluate, and apply relevant information from a variety of sources.
#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%,

Other Course Evaluation & Assessment Requirements:

S/U for Placement Component (14 hours)

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	40%
Exams	40%
In Class Activities and Labs	20%

Books and Required Resources:

Acsm’s Guidelines for Exercise Testing and Prescription by Pescatello, Linda S.

Course Outcomes and Learning Objectives:

Course Outcome 1.

Identify and explain special needs circumstances that would require exercise program adaptation and other lifestyle modifications.

Learning Objectives 1.



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- Define and explain program needs and adaptations for senior populations
- Define and explain program needs and adaptations for pre/postnatal women
- Define and explain program needs and adaptations for those with diverse physical limitations
- Define and explain program needs and adaptations for visual and Auditory disabilities
- Define and explain program needs and adaptations for those with respiratory, cardiovascular, neurological and metabolic disease

Course Outcome 2.

Explain and demonstrate effective communication and leadership styles as they relate to individuals with special needs.

Learning Objectives 2.

- Explain and compare communication and leadership needs of those living with special conditions

Course Outcome 3.

Explain barriers to physical activity and motivational techniques for various populations

Learning Objectives 3.

- Explain physiological factors that contribute to limiting physical performance for special population sectors
- Explain psychological factors that contribute to limiting physical performance for special population sectors
- Explain economic and cultural factors that contribute to limiting physical performance for special population sectors
- Analyze motivational techniques that contribute to enhancing physical performance for special population sectors

Course Outcome 4.

Identify and discuss programs and leadership opportunities that are designed for individuals



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with special needs within communities

Learning Objectives 4.

- Research and describe and participate in programs designed for special needs populations.
- Research best practices for addressing the needs of special populations

Course Outcome 5.

Define and explain standards, regulations and precautions that are necessary to provide safe specialized physical activity programs.

Learning Objectives 5.

- Determine eligibility of individuals with special precautions that fall within the certified personal trainer's scope of practice.
- Identify safe and effective testing protocols as they apply to special populations
- Describe limitations as a fitness provider with respect to dealing with individuals with special needs
- Research and analyze precautions related to programming for individuals and groups with special needs.

Course Outcome 6.

Demonstrate ability to design and modify activities and programs to the abilities and strengths of a variety of individuals and groups with special needs.

Learning Objectives 6.

Design an activity and/or program for an individual or group with special needs.

Course Outcome 7.

Identify, contribute to and evaluate various community physical activity programs for special populations.

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Learning Objectives 7.

- Participate in a practical community learning experience
- Reflect on practical experience 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.