



# COURSE OUTLINE

## FIT207

Prepared: Lisa Maidra    Approved: Bob Chapman

<b>Course Code: Title</b>	FIT207: FITNESS ASSESSMENTS II
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semester/Term:</b>	17F
<b>Course Description:</b>	This course is the second part of a two part series (Fitness Assessments I and II). This course will further build upon the skills and concepts learned in Fitness Assessments I. Students will also develop an understanding of skill-related assessments to determine a persons speed, balance, coordination, power, and agility and assessments to determine functional mobility and muscle balance. The concepts of advanced assessments such as VO2 max testing will be introduced. CSEP-PATH concepts and skills will be enhanced 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, cueing and providing feedback to the client.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	FIT156, PNG121
<b>This course is a pre-requisite for:</b>	FIT254, FIT255
<b>Vocational Learning Outcomes (VLO's):</b>	<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>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	



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- #9. Implement strategies and plans for ongoing personal and professional growth and 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.
- #3. Execute mathematical operations accurately.
- #4. Apply a systematic approach to solve problems.
- #5. Use a variety of thinking skills to anticipate and solve problems.
- #6. Locate, select, organize, and document information using appropriate technology and information systems.
- #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%,

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments	40%
Lab Participation & Reflections	30%
Practical Exam	30%

**Books and Required Resources:**

CSEP-PATH by CSEP  
ISBN: 9781896900322

**Course Outcomes and Learning Objectives:**

### Course Outcome 1.

Enhance communication skills with clients



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### **Learning Objectives 1.**

- Communicate appraisal results in both written and oral formats
- Communicate appraisal results in a comprehensible manner to the client
- Promote to the client an understanding of their current fitness status

### **Course Outcome 2.**

Identify, assess, interpret and record a client's assessment results using evidenced based assessments and techniques

### **Learning Objectives 2.**

- Match appropriate assessments to a variety of client needs
- Administer a variety of skill related assessments, such as,
  - o Speed
  - o Balance
  - o Coordination
  - o Agility
  - o Power
  - o Anaerobic Fitness
  - o Aerobic Fitness
  - o 5-RM
- Interpret and communicate results to the client
- Document results using SOAP format.

### **Course Outcome 3.**

Determine a client's functional mobility and apply basic knowledge of exercise physiology, anatomy, and biomechanics to relevant aspects of the appraisal

### **Learning Objectives 3.**

- Assess, correct and/or modify a client's technique as they perform basic movement patterns (squat, hinge, lunge, push, pull, twist, gait)
- Assess a client's muscle balance



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### **Course Outcome 4.**

Assess the needs and abilities of clients in various professions in order to develop relevant assessments, activities, and exercises

### **Learning Objectives 4.**

- Define Musculoskeletal Disorders
- Describe the three potential hazards to developing a musculoskeletal disorder
- Understand and explain the connection between the demands of their client's job and the physical assessments related to their job
- Demonstrate an understanding of ergonomics as it relates to human movement and performance during fitness-related activities
- Able to make recommendations for task modification on the job and for physical activities of daily living
- Able to provide appropriate exercise recommendations to improve a person's performance during a work-related assessment and on the job

### **Course Outcome 5.**

Understand the basic protocol, physiology, and scope of practice for advanced assessments

### **Learning Objectives 5.**

- Assist with monitoring a client during a maximal testing

### **Course Outcome 6.**

Utilize relevant theory to discuss weaknesses and strengths of performance related appraisal protocols

### **Learning Objectives 6.**

- Differentiate between similar appraisal protocols



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- Demonstrate an ability to search for evidenced-based assessments
- Develop an assessment resource tool to identify appropriate assessments for a variety of health and skill related components

**Date:**

Wednesday, August 30, 2017



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