



## COURSE OUTLINE: FIT207 - FITNESS ASSESSMENT 2

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Approved: Bob Chapman, Chair, Health

<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>Semesters/Terms:</b>	18F
<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>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	FIT254, FIT255
<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 assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.
	VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.
	VLO 3 Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.
	VLO 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.
	VLO 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.
	VLO 6 Train individuals and instruct groups in exercise and physical activities.
	VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.
	VLO 10 Develop and implement risk management strategies for health and fitness programs, activities and facilities.
	VLO 11 Interact effectively with clients, staff, and volunteers in health and fitness programs,



activities and facilities.

**Essential Employability Skills (EES) addressed in this course:**

- 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%,

**Books and Required Resources:**

See the Professor. by Texts purchased for other courses will be used.

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Enhance communication skills with clients.	1.1 Communicate appraisal results in both written and oral formats. 1.2 Communicate appraisal results in a comprehensible manner to the client. 1.3 Promote to the client an understanding of their current fitness status.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Identify, assess, interpret and record a clients assessment results using evidenced based assessments and techniques.	2.1 Match appropriate assessments to a variety of client needs. 2.2 Administer a variety of skill related assessments, such as, Speed, Balance, Coordination, Agility, Power, Aerobic and Anaerobic fitness and 5 RM. 2.3 Interpret and communicate results to the client. 2.4 Document results using SOAP format.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Determine a clients functional mobility and apply basic knowledge of exercise physiology, anatomy, and biomechanics to relevant aspects of the appraisal.	3.1 Assess, correct and/or modify a clients technique as they perform basic movement patterns (squat, hinge, lunge, push, pull, twist, gait). 3.2 Assess a clients muscle balance.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Assess the needs and abilities of clients in various	4.1 Define Musculoskeletal Disorders. 4.2 Describe the three potential hazards to developing a



	professions in order to develop relevant assessments, activities, and exercises.	<p>musculoskeletal disorder.</p> <p>4.3 Understand and explain the connection between the demands of their client's job and the physical assessments related to their job.</p> <p>4.4 Demonstrate an understanding of ergonomics as it relates to human movement and performance during fitness-related activities.</p> <p>4.5 Able to make recommendations for task modification on the job and for physical activities of daily living.</p> <p>4.6 Able to provide appropriate exercise recommendations to improve a person's performance during a work-related assessment and on the job.</p>
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
	5. Understand the basic protocol, physiology, and scope of practice for advanced assessments.	5.1 Assist with monitoring a client during a maximal testing.
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Utilize relevant theory to discuss weaknesses and strengths of performance related appraisal protocols.	<p>6.1 Differentiate between similar appraisal protocols.</p> <p>6.2 Demonstrate an ability to search for evidenced-based assessments.</p> <p>6.3 Develop an assessment resource tool to identify appropriate assessments for a variety of health and skill related components.</p>

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight	Course Outcome Assessed
Assignments	50%	All
Labs	25%	All
Practical Exam	25%	All

**Date:**

July 11, 2018

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