

# **SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

## **SAULT STE. MARIE, ONTARIO**



### **COURSE OUTLINE**

**COURSE TITLE:** Consolidating Field Placement

**CODE NO. :** FIT 250 **SEMESTER:** 4

**PROGRAM:** Fitness and Health Promotion

**AUTHOR:** Tania Hazlett

**DATE:** January 10 **PREVIOUS OUTLINE DATED:** N/A

**APPROVED:** "Marilyn King" **DATE:** Dec/09

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**CHAIR, HEALTH PROGRAMS** **DATE**

**TOTAL CREDITS:** 22

**PREREQUISITE(S):** FIT200, FIT201, FIT203, FIT204

**HOURS/WEEK:** 37.5

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*For additional information, please contact the Chair, Health Programs*

*School of Health and Community Services  
(705) 759-2554, Ext. 2689*

**I. COURSE DESCRIPTION:**

This course is the consolidating practicum for the Fitness and Health Promotion program. Students will be placed in a community setting where, under supervision; they will carry out duties as defined by the student, the agency supervisor and the program faculty. The goal of practicum is to provide the students the opportunity to apply the knowledge, skills and values at an entry level position in the field of health promotion and fitness. Students will meet the outcomes of the course within a 350 hour framework.

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

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

1. Demonstrates ability to work within the role of a fitness and health promotion professional in a fitness, recreation or health promotion organization or facility

**Potential Elements of the Performance:**

- Completes clerical and administrative duties as requested
- Completes maintenance duties as requested including cleaning equipment
- Conducts client intakes and/or community contact communication
- Participates in training sessions based on recommendations of personal trainers
- Participates in health promotion strategies on recommendation of supervisor
- Identifies assessment and prescription limitations of the Fitness and Health Promotion student

2. Demonstrates skill in assisting personal trainer and fitness instructors to contribute to the health and well-being of clients

**Potential Elements of the Performance:**

- Assists with gathering intake information
- Assists with initial assessments
- Assists with personal training sessions and/or contributes to fitness classes

3. Demonstrates skill in communicating appropriate physical activity, active living and lifestyle programs to enhance health, fitness and well-being of individuals and groups

Potential Elements of the Performance:

- Assists in the prescription of safe and healthy activities, exercises, and programs to enhance the health components of fitness
- Demonstrates ability to apply appropriate training principles
- Selects appropriate exercises and equipment for various populations
- Demonstrates ability to communicate impact of healthy lifestyle choices to individuals and groups
- Demonstrates good body mechanics and posture

4. Demonstrates ability to utilize appropriate interviewing and counselling skills to promote or enhance fitness, active living and well-being of individuals and groups

Potential Elements of the Performance:

- Demonstrates ability to establish rapport and a supportive environment
- Utilizes active listening skills
- Demonstrates ability to interpret verbal communication and non-verbal behaviour correctly
- Demonstrates unconditional positive regard and remains non-judgmental while working with individuals and groups
- Utilizes communication styles appropriate for a variety of age groups
- Demonstrates ability to apply motivational techniques to increase adherence to a healthy lifestyle

5. Demonstrates appropriate professional and ethical behavior

Potential Elements of the Performance:

- Communicates clearly and coherently in appropriate written and spoken formats
- Maintains behaviours consistent with the policies and procedures of the organization (dress code, punctuality, absences)
- Maintains confidentiality
- Manages conflict and accepts feedback in a constructive manner
- Applies effective time management skills and personal organization abilities

6. Demonstrates ability to apply risk management strategies

Potential Elements of the Performance:

- Ensures equipment maintenance and safety checks are completed in a timely manner
- Ensures individuals and groups are instructed in the safe usage of all equipment and execution of exercises
- Applies knowledge of first aid and CPR if necessary
- Provides appropriate supervision to individuals and groups where needed

7. Demonstrates ability to contribute to health promotion strategies

Potential Elements of the Performance:

- Demonstrates ability promote the importance and value of healthy active living
- Demonstrates the ability to design and lead health promotion events and/or strategies

**III. REQUIRED RESOURCES/TEXTS/MATERIALS:**

*Placement package provided by the professor. Resources and texts from previous semesters will be used.*

**IV. EVALUATION PROCESS/GRADING SYSTEM:**

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	
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.

## V. SPECIAL NOTES:

### Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

### Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

### Prior Learning Assessment:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.

Substitute course information is available in the Registrar's office.

### Disability Services:

If you are a student with a disability (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Disability Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

**Communication:**

The College considers ***WebCT/LMS*** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information.

Success in this course may be directly related to your willingness to take advantage of the ***Learning Management System*** communication tool.

**Plagiarism:**

Students should refer to the definition of “academic dishonesty” in *Student Code of Conduct*. A professor/instructor may assign a sanction as defined below, or make recommendations to the Academic Chair for disposition of the matter. The professor/instructor may (i) issue a verbal reprimand, (ii) make an assignment of a lower grade with explanation, (iii) require additional academic assignments and issue a lower grade upon completion to the maximum grade “C”, (iv) make an automatic assignment of a failing grade, (v) recommend to the Chair dismissal from the course with the assignment of a failing grade. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

**Student Portal:**

The Sault College portal allows you to view all your student information in one place. ***mysaultcollege*** gives you personalized access to online resources seven days a week from your home or school computer. Single log-in access allows you to see your personal and financial information, timetable, grades, records of achievement, unofficial transcript, and outstanding obligations, in addition to announcements, news, academic calendar of events, class cancellations, your learning management system (LMS), and much more. Go to <https://my.saultcollege.ca>.

**Electronic Devices in the Classroom:**

Students who wish to use electronic devices in the classroom will seek permission of the faculty member before proceeding to record instruction. With the exception of issues related to accommodations of disability, the decision to approve or refuse the request is the responsibility of the faculty member.

Recorded classroom instruction will be used only for personal use and will not be used for any other purpose. Recorded classroom instruction will be destroyed at the end of the course. To ensure this, the student is required to return all copies of recorded material to the faculty member by the last day of class in the semester. Where the use of an electronic device has been approved, the student agrees that materials recorded are for his/her use only, are not for distribution, and are the sole property of the College.

**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.

**Tuition Default:**

Students who have defaulted on the payment of tuition (tuition has not been paid in full, payments were not deferred or payment plan not honoured) as of the first week of *March* will be removed from placement and clinical activities. This may result in loss of mandatory hours or incomplete course work. Sault College will not be responsible for incomplete hours or outcomes that are not achieved or any other academic requirement not met as of the result of tuition default.

Students are encouraged to communicate with Financial Services with regard to the status of their tuition prior to this deadline to ensure that their financial status does not interfere with academic progress.