



**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 behaviour

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

#### IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

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

#### V. EVALUATION PROCESS/GRADING SYSTEM:

***Placement Evaluation (S/U)***  
***Clinical Attendance (330 hours - mandatory)***  
***Log Book (S/U)***

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.

***NOTE: Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.***

#### **VI. SPECIAL NOTES:**

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.

#### **VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located on the portal form part of this course outline.