

I. COURSE DESCRIPTION:

The student will gain an understanding of adult human behaviour as it relates to initiating and adhering to healthy lifestyle changes. Several phases of adulthood will be defined and analyzed with special emphasis being placed on the role that healthy active living can play on improving the well-being of adults as they age. The role of supportive family and workplace environments will be explored as necessary components of a healthy active lifestyle for the adult. Through study and practical experience, the student will learn effective leadership techniques to design, conduct, and evaluate various purposeful physical activity sessions and active living presentations for adults. Students will investigate and participate in a variety of community active living leadership opportunities within private and community fitness facilities.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

- 1 Identify and explain patterns and barriers to physical activity as they apply to various stages of adulthood

Potential Elements of the Performance:

- list and explain patterns of physical activity as they relate to adults according to the Canadian Fitness and Lifestyle Research Institute
- identify and explain current physical activity guidelines for adults according to ACSM and the Canadian Physical Activity Guide

2. Apply basic knowledge of cardiorespiratory physiology, anatomy, biomechanics and exercise physiology to training programs

Potential Elements of the Performance:

- Identify appropriate training techniques for a variety of clients
- Identify appropriate training plans to improve health related components of fitness
- Design and implement a complete training plan for a classmate
- Demonstrate ability to teach basic human movement including appropriate cues, demonstration and corrective coaching.

3. Explain and demonstrate effective communication and leadership styles for adults

Potential Elements of Performance:

- identify and explain key components of effective communication
- contrast effective and ineffective communication styles
- demonstrate effective communication through providing and accepting feedback
- Demonstrated knowledge of concepts of change talk including motivational interviewing techniques

4. Demonstrated the ability to design and modify activities and programs to the abilities and strengths of individuals

Potential Elements of Performance:

- apply current research of adult lifestyle patterns to physical activity programming for adults
- define safety guidelines for physical activity programs for adults
- identify appropriate equipment for adult physical activity programs for adults
- discuss elements of program modifications for physical, social and emotional considerations – music, scheduling, class format
- recognize limitations as fitness provider with respect to individuals with special circumstances

5. Identify, contribute to and evaluate adult physical activity programs and events in the community.

Potential Elements of Performance:

- Identify and discuss active healthy living opportunities within the community
- Reflect on field experience and relate to personal professional goals

6. Analyze current research of health, fitness and well-being trends for Adults

Potential Elements of Performance:

- Identify potential new markets for adult active living programming
- Discuss current physical activity trends for adults

III. TOPICS:

1.	Foundations of Personal Training and Exercise Prescription
2.	Principles of Client-Centered Assessment and Short/Long Term exercise prescription
3.	Exercise Analysis, Design, and Demonstration
4.	Cardiovascular Exercise Prescription
5.	Resistance Training Prescription
6.	Muscle Balance/Flexibility Prescription
7.	Current Trends in Healthy Active Living for Adults

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Client-Centered Exercise Prescription, 3rd Edition, John C. Griffin, 2015, ISBN: 978-1-4504-5332-5

CSEP-PATH Physical Activity Training for Health, Canadian Society for Exercise Physiology, ISBN: 978-1-896900-32-2

V. EVALUATION PROCESS/GRADING SYSTEM:

Personal Training Portfolio – 40%

- *Resistance Training Prescription – 20%*
- *Cardiovascular Training Prescription – 15%*
- *Muscle Balance and Flexibility Prescription – 5%*

Learning Activities – 10%

Quiz – 5%

Test - 20%

Final Practical – 25%

Placement S/U

**note: a successful grade for placement is a requirement to pass the course. Failure to comply with an S grade may require you to retake FIT153 and placement.*

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%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
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.	

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.

Late Assignments:

Assignments will be accepted up to three days after the due date. Students will be deducted 1% for each day that it is late. Assignments submitted after three days of the assigned due date will not be accepted.

Missed Tests/Exams:

Students will receive a 0 for missed tests or exams. If the student cannot write the exam due to unforeseen circumstances the student must notify the instructor BEFORE the exam date. If a student missed the test/exam, did not notify the instructor prior to the exam, and still requests to write the test, the instructor *may* only accept this request if the student can provide proof of an extreme circumstance.

OFC Requirement:

To be eligible for the Resistance Trainer Certification and Personal Trainer Certification you must pass this course with a 75% overall. You must also achieve an 80% on your final practical.

VII. COURSE OUTLINE ADDENDUM:

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