SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



COURSE OUTLINE

COURSE TITLE:	Career Preparation			
CODE NO. :	FIT 254	SEMESTER: 4		
PROGRAM:	Fitness and Health Promotion			
AUTHOR:	Heather Pusch, Tania Hazlett			
DATE:	Jan 16 PREVIOUS OUTLIN	E DATED: Dec /2015		
APPROVED:	"Marilyn King"	Jan. 2016		
	CHAIR	DATE		
TOTAL CREDITS:	1			
PREREQUISITE(S):	FIT200, FIT203, FIT204			
HOURS/WEEK:	2 hours per week beginning January 5 until February 20 th .			
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I. COURSE DESCRIPTION:

This course is designed as a co-requisite to Practicum. The seminar is intended to support and enhance the students' learning and growth within their placement setting. Within an atmosphere of trust and respect, students will have the opportunity to share experiences, resources, strengths and challenges. Toward this end, students will be required to share their experiences from their placement site. General professional issues will also be reviewed and discussed. Demonstrated evidence of integration of vocational outcomes is expected as students prepare for entry level positions.

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 define and articulate an effective learning plan

Potential Elements of the Performance:

- Articulate the value of developing well defined learning objectives
- Differentiate between well defined and poorly defined learning objectives
- Identify when and how learning objectives should be reviewed or reconsidered
- Demonstrate ability to access resources for developing learning objectives and for further study
- 2. Demonstrates understanding of importance of initial placement orientation

Potential Elements of the Performance:

- Discuss importance of first impressions
- Identify key elements of an effective orientation
- Define parameters of student in a community setting
- 3. Demonstrates ability to maintain and apply knowledge, skills and attitudes related to professional behaviour

Potential Elements of the Performance:

- Define the meaning of professionalism
- Identify and explain key components of professional behaviour including dependability, initiative and organization
- Discuss the importance of professional behaviour in fitness and health promotion settings

4. Demonstrate understanding and ability to manage conflict in a workplace setting

Potential Elements of the Performance:

- Analyze and discuss types and causes of conflict
- Identify various conflict management styles
- Demonstrate general conflict resolution and management strategies
- 5. Demonstrate written, verbal and non-verbal skills necessary to seek employment in the field of fitness and health promotion

Potential Elements of the Performance:

- Identify key components of an effective resume
- Identify key verbal and non-verbal communication related to the interview process
- Demonstrate ability to successfully prepare for an interview
- Identify key sources for employment search

III. TOPICS:

- 1. Resume Writing
- 2. Professional Behaviour
- 3. Workplace Orientation
- 4. Conflict Management
- 5. Interview Skills & Employment Preparation

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Readings as Assigned

V. EVALUATION PROCESS/GRADING SYSTEM:

Assignment #1 – Professional Behaviour – 15% Assignment #2 – Resume – 25% Assignment #3 – Interview – 15% Assignment #4 – Portfolio – 20% Online Discussions and Log Book – 15% Learning Activities – 10%

U	6	Grade Point
<u>Grade</u>	Definition	<u>Equivalent</u>
A+ A	90 – 100% 80 – 89%	4.00
В	70 - 79%	3.00
С	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.	
Х	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.	

The following semester grades will be assigned to students:

If a faculty member determines that a student is at risk of not being successful in their academic pursuits and has exhausted all strategies available to faculty, student contact information may be confidentially provided to Student Services in an effort to offer even more assistance with options for success. Any student wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

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.

VII. COURSE OUTLINE ADDENDUM:

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