# 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

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**DATE:** Jan 17 **PREVIOUS OUTLINE DATED:** Jan/2016

**APPROVED:** "Robert S. Chapman" Jan. 2017

CHAIR, HEALTH PROGRAMS DATE

TOTAL CREDITS: 1

PREREQUISITE(S): FIT200, FIT203, FIT204

**HOURS/WEEK:** 2 hours per week beginning January 5 until February

20<sup>th</sup>.

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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:

 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:

Assignments – 85% Learning Activities – 15% Attendance – S/U (5/7) The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	Grade Point Equivalent
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.	
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.	

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:

Classes in this course are mandatory as they prepare students for their final placement. A minimum of 5 courses must be attended.

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 3% for each calendar 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.