



# COURSE OUTLINE

## FIT153

Prepared: Lisa Maidra, Tania Hazlett    Approved: Bob Chapman

<b>Course Code: Title</b>	FIT153: LEADERSHIP II-HEALTHY LIVING FOR ADULTS
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semester/Term:</b>	17F
<b>Course Description:</b>	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 programs for adults. Students will investigate and participate in a variety of community active living leadership opportunities within private and community fitness facilities.
<b>Total Credits:</b>	4
<b>Hours/Week:</b>	4
<b>Total Hours:</b>	60
<b>Prerequisites:</b>	FIT101, FIT108, FIT109
<b>Substitutes:</b>	FIT152
<b>This course is a pre-requisite for:</b>	FIT204, FIT251
<b>Vocational Learning Outcomes (VLO's):</b>	<p>#1. Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.</p> <p>#2. Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.</p> <p>#3. Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.</p> <p>#4. Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.</p> <p>#5. Develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and</p>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	



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- well-being.
- #6. Train individuals and instruct groups in exercise and physical activities.
- #8. Assist in the development of business plans for health and fitness programs, activities and facilities.
- #9. Implement strategies and plans for ongoing personal and professional growth and development.
- #10. Develop and implement risk management strategies for health and fitness programs, activities and facilities.
- #11. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.

**Essential Employability Skills (EES):**

- #1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- #2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- #4. Apply a systematic approach to solve problems.
- #5. Use a variety of thinking skills to anticipate and solve problems.
- #6. Locate, select, organize, and document information using appropriate technology and information systems.
- #7. Analyze, evaluate, and apply relevant information from a variety of sources.
- #8. Show respect for the diverse opinions, values, belief systems, and contributions of others.
- #9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- #10. Manage the use of time and other resources to complete projects.
- #11. Take responsibility for ones own actions, decisions, and consequences.

**Course Evaluation:**

Passing Grade: 50%,

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments	60%
Practical Exam	20%
Tests	20%

**Books and Required Resources:**

CSEP-PATH by CSEP  
ISBN: 978186900322

**Course Outcomes and Learning Objectives:**

### Course Outcome 1.



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

### **Learning Objectives 1.**

- List and explain patterns of physical activity as they relate to adults
- Identify and explain current physical activity guidelines for adults according to the Canadian Physical Activity Guidelines

### **Course Outcome 2.**

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

### **Learning Objectives 2.**

- 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 client
- Demonstrate ability to teach basic human movement including appropriate cues, demonstration and corrective coaching.

### **Course Outcome 3.**

Explain and demonstrate effective communication and leadership styles for adults

### **Learning Objectives 3.**

- Identify and explain key components of effective communication
- Contrast effective and ineffective communication styles
- Demonstrate effective communication through providing and accepting feedback
- Apply knowledge of concepts of motivational interviewing techniques

### **Course Outcome 4.**



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Demonstrate the ability to design and modify activities and programs to the abilities and strengths of individuals

### **Learning Objectives 4.**

- 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

### **Course Outcome 5.**

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

### **Learning Objectives 5.**

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

### **Course Outcome 6.**

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

### **Learning Objectives 6.**

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

**Date:**

Wednesday, August 30, 2017

Please refer to the course outline addendum on the Learning Management System for further information.