



COURSE OUTLINE

FIT154

Prepared: Lisa Maida, Heather Pusch Approved: Bob Chapman

Course Code: Title	FIT154: RESEARCH AND TRENDS IN WELLNESS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	17F
Course Description:	Students will learn to critically examine the latest research and trends in the rapidly-changing fitness and health promotion industry. Through discussion and independent study the students will learn to assess evidence based information and industry fads. Individual presentation of findings will assist students in developing their practical health promotion skills.
Total Credits:	3
Hours/Week:	2
Total Hours:	30
Prerequisites:	FIT108
Vocational Learning Outcomes (VLO's): Please refer to program web page for a complete listing of program outcomes where applicable.	<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 well-being.</p> <p>#7. Contribute to community health promotion strategies.</p> <p>#9. Implement strategies and plans for ongoing personal and professional growth and development.</p>
Essential Employability Skills (EES):	<p>#1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>#3. Execute mathematical operations accurately.</p> <p>#4. Apply a systematic approach to solve problems.</p> <p>#5. Use a variety of thinking skills to anticipate and solve problems.</p> <p>#6. Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>#7. Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>#8. Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p>



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#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%
Learning Activities	10%
Tests	30%

Course Outcomes and Learning Objectives:

Course Outcome 1.

Demonstrate an understanding of types of research, the research process and its use in the field of fitness and health.

Learning Objectives 1.

- Describe Analytical Research
- Describe Descriptive Research
- Describe Experimental Research
- Describe Qualitative Research
- Describe parts of the thesis, introduction, method, results, discussion and conclusion

Course Outcome 2.

Demonstrate the skills necessary to complete research in the field of fitness and health.

Learning Objectives 2.

- Identify and utilize professional publications
- Demonstrate the computer literacy skills necessary to complete research
- Demonstrate a basic understanding of appropriate referencing

Course Outcome 3.



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Demonstrate an ability to critically analyze and interpret valid research articles and popular trends.

Learning Objectives 3.

- Define and describe the difference between trends and fads
- Ability to identify current trends
- Demonstrate the ability to search for credible, peer-reviewed literature
- Demonstrate the ability to identify unbiased research
- Demonstrate the ability to summarize research into their own words
- Demonstrate an understanding of sample size, sources, duration, and validity of articles

Course Outcome 4.

Discuss and apply critical thinking of research articles and trends to the field of fitness and health.

Learning Objectives 4.

- Demonstrate the ability to discuss the difference between conflicting articles

Date:

Wednesday, August 30, 2017

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