



# COURSE OUTLINE

## FIT156

Prepared: Lisa Maidra    Approved: Bob Chapman

<b>Course Code: Title</b>	FIT156: FITNESS ASESMENTS I
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semester/Term:</b>	17F
<b>Course Description:</b>	This course will familiarize students with a variety of fitness assessments used to determine a persons cardiovascular capacity, muscular strength and endurance, body composition, and flexibility. Baseline testing such as blood pressure and heart rate readings will also be practiced. CSEP-PATH concepts will be introduced in this course to prepare students for the national CSEP-CPT examination. The student will be expected to demonstrate competence in the administration of learned assessments, as well as effective instruction, cuing and providing feedback to the client.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	FIT107, FIT108, OPA104, PNG111
<b>This course is a pre-requisite for:</b>	FIT203, FIT207
<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 well-being.</p> <p>#6. Train individuals and instruct groups in exercise and physical activities.</p> <p>#9. Implement strategies and plans for ongoing personal and professional growth and development.</p>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	



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- #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.
- #3. Execute mathematical operations accurately.
- #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	25%
Practical Evaluations	45%
Tests	30%

**Course Outcomes and Learning Objectives:**

### Course Outcome 1.

Assess levels of physical fitness to develop and evaluate safe and goal orientated strategies tailored to maximize the benefits of health, fitness and well-being.

### Learning Objectives 1.

- Apply appropriate exercises and activities to assist the client in improving their scores on particular fitness assessments



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### **Course Outcome 2.**

Communicate procedures, concepts and terminology, related to the delivery of fitness assessments, to clients in non-technical terms.

### **Learning Objectives 2.**

- Explain protocols of assessments learned in this course in detail to ensure safety and comfort of the client.
- Explain the reason for completing certain fitness assessments to clients
- Explain “submaximal VO<sub>2</sub>” in non-technical terms
- Explain “estimated 1RM” in non-technical terms

### **Course Outcome 3.**

Interpret fitness assessment results and communicate findings to clients, in non-technical terms

### **Learning Objectives 3.**

- Explain what blood pressure and heart rate measures and its relationship to exercise and performance
- Explain subjective results from CSEP-PATH tools
- Explain how their body composition results relate to health and fitness
- Explain how their submaximal aerobic and anaerobic results relate to their cardiorespiratory health and performance
- Explain how their musculoskeletal results relate to health and performance

### **Course Outcome 4.**

Identify clients who should seek medical clearance prior to performing a fitness appraisal or to becoming physically active.

### **Learning Objectives 4.**



# COURSE OUTLINE

## FIT156

4

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- Identify clients who may need to seek medical advice prior to an assessment or exercise session based on,
  - o PAR-Q +
  - o Informed Consent
  - o Preliminary Considerations
  - o Preliminary Observations
  - o Resting Heart Rate and Blood Pressure
  - o Contraindications

### **Course Outcome 5.**

Utilize current theories to discuss weaknesses and strengths of various fitness assessments

### **Learning Objectives 5.**

- Identify which protocols are appropriate for clients
- Identify which protocols are appropriate to improve various areas of performance

### **Course Outcome 6.**

Administer fitness assessments using a variety of laboratory instruments, techniques and procedures for baseline fitness evaluations

### **Learning Objectives 6.**

- Utilize instruments such as, blood pressure cuff and stethoscope, HR monitor, skinfold calipers, weight scale, circumference tapes, goniometer, mCAFT steps, cycle ergometer, treadmill, flexometer, hand dynamometer, and stopwatch
- Administer baseline procedures including pulse and blood pressure readings, body mass, body fat percentage, girth measurements, muscular strength, endurance and flexibility, aerobic and anaerobic submaximal VO<sub>2</sub> tests, and estimated 1RM tests.

### **Course Outcome 7.**

Administer and evaluate a participant's competency in performing the CSEP-PATH standardized protocols



# COURSE OUTLINE

## FIT156

5

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### Learning Objectives 7.

- Blood pressure and heart rate protocols
- Waist circumference, weight and height protocols
- 1 mile walk test
- mCAFT step test
- YMCA cycle ergometer test
- Ebbing Single Stage Walking Treadmill Test
- Grip Strength
- Sit and Reach
- Push-ups
- Single-leg balance
- Back extension
- Vertical jump
- 1RM

### Course Outcome 8.

Calculate various performance evaluations using standardized equations to determine a client's current fitness level

### Learning Objectives 8.

- CSEP-PATH submaximal  $vo_2$  (aerobic) equations
- CSEP-PATH submaximal musculoskeletal equations
- CSEP-PATH 1RM calculation
- Calculate scores from various tools in the CSEP-PATH text
  - o PASB-Q
  - o Fantastic Lifestyle
- Skinfold body fat % equations

**Date:**

Wednesday, August 30, 2017

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