



COURSE OUTLINE

FIT255

Prepared: Lisa Maida, Heather Pusch Approved: Bob Chapman

Course Code: Title	FIT255: CONSOLIDATING FIELD PLACEMENT
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	17F
Course Description:	This course is the consolidating practicum for the Fitness and Health Promotion program. Students will be placed in a community setting where, under supervision, they will carry out duties as defined by the student, the agency supervisor and the program faculty. The goal of practicum is to provide the students the opportunity to apply the knowledge, skills and values at an entry level position in the field of health promotion and fitness. Students will meet the outcomes of the course within a 270 hour framework.
Total Credits:	18
Hours/Week:	33
Total Hours:	270
Prerequisites:	FIT203, FIT204, FIT206, FIT207, FIT251
Substitutes:	FIT250
Vocational Learning Outcomes (VLO's): Please refer to program web page for a complete listing of program outcomes where applicable.	<p>#9. Implement strategies and plans for ongoing personal and professional growth and development.</p> <p>#10. Develop and implement risk management strategies for health and fitness programs, activities and facilities.</p> <p>#11. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.</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>



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- #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:

Satisfactory/Unsatisfactory

Course Outcomes and Learning Objectives:

Course Outcome 1.

Demonstrates ability to work within the role of a fitness and health promotion professional in a fitness, recreation or health promotion organization or facility

Learning Objectives 1.

- Completes clerical and administrative duties as requested
- Completes maintenance duties as requested including cleaning equipment
- Conducts client intakes and/or community contact communication
- Participates in training sessions based on recommendations of personal trainers
- Participates in health promotion strategies on recommendation of supervisor
- Identifies assessment and prescription limitations of the Fitness and Health Promotion student

Course Outcome 2.

Demonstrates skill in assisting personal trainer and fitness instructors to contribute to the health and well-being of clients

Learning Objectives 2.

- Assists with gathering intake information
- Assists with initial assessments
- Assists with personal training sessions and/or contributes to fitness classes

Course Outcome 3.



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Demonstrates skill in communicating appropriate physical activity, active living and lifestyle programs to enhance health, fitness and well-being of individuals and groups

Learning Objectives 3.

- Assists in the prescription of safe and healthy activities, exercises, and programs to enhance the health components of fitness
- Demonstrates ability to apply appropriate training principles
- Selects appropriate exercises and equipment for various populations
- Demonstrates ability to communicate impact of healthy lifestyle choices to individuals and groups
- Demonstrates good body mechanics and posture

Course Outcome 4.

Demonstrates ability to utilize appropriate interviewing and counselling skills to promote or enhance fitness, active living and well-being of individuals and groups

Learning Objectives 4.

- Demonstrates ability to establish rapport and a supportive environment
- Utilizes active listening skills
- Demonstrates ability to interpret verbal communication and non-verbal behaviour correctly
- Demonstrates unconditional positive regard and remains non-judgmental while working with individuals and groups
- Utilizes communication styles appropriate for a variety of age groups
- Demonstrates ability to apply motivational techniques to increase adherence to a healthy lifestyle

Course Outcome 5.

Demonstrates appropriate professional and ethical behaviour

Learning Objectives 5.

- Communicates clearly and coherently in appropriate written and spoken formats



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- Maintains behaviours consistent with the policies and procedures of the organization (dress code, punctuality, absences)
- Maintains confidentiality
- Manages conflict and accepts feedback in a constructive manner
- Applies effective time management skills and personal organization abilities

Course Outcome 6.

Demonstrates ability to apply risk management strategies

Learning Objectives 6.

- Ensures equipment maintenance and safety checks are completed in a timely manner
- Ensures individuals and groups are instructed in the safe usage of all equipment and execution of exercises
- Applies knowledge of first aid and CPR if necessary
- Provides appropriate supervision to individuals and groups where needed

Course Outcome 7.

Demonstrates ability to contribute to health promotion strategies

Learning Objectives 7.

- Demonstrates ability promote the importance and value of healthy active living
- Demonstrates the ability to design and lead health promotion events and/or strategies

Date:

Wednesday, August 30, 2017

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