



## COURSE OUTLINE: FIT154 - TRENDS IN WELLNESS

Prepared: Lisa Maida, Heather Pusch  
Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT154: RESEARCH AND TRENDS IN WELLNESS
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semesters/Terms:</b>	19W
<b>Course Description:</b>	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.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	2
<b>Total Hours:</b>	30
<b>Prerequisites:</b>	FIT108
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3040 - FITNESS AND HEALTH</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 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.
	VLO 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.
	VLO 7 Contribute to community health promotion strategies.
	VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.
	VLO 11 Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.
<b>Essential Employability Skills (EES) addressed in this course:</b>	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.
	EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 3 Execute mathematical operations accurately.
	EES 4 Apply a systematic approach to solve problems.
	EES 5 Use a variety of thinking skills to anticipate and solve problems.
	EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
	EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
	EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
	EES 9 Interact with others in groups or teams that contribute to effective working



SAULT COLLEGE | 443 NORTHERN AVENUE | SAULT STE. MARIE, ON P6B 4J3, CANADA | 705-759-2554

relationships and the achievement of goals.

EES 10 Manage the use of time and other resources to complete projects.

EES 11 Take responsibility for ones own actions, decisions, and consequences.

**Course Evaluation:**

Passing Grade: 50%,

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Demonstrate an understanding of types of research, the research process and its use in the field of fitness and health.	1.1 Describe Analytical Research 1.2 Describe Descriptive Research 1.3 Describe Experimental Research 1.4 Describe Qualitative Research 1.5 Describe parts of the thesis, introduction, method, results, discussion and conclusion
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Demonstrate the skills necessary to complete research in the field of fitness and health.	2.1 Identify and utilize professional publications 2.2 Demonstrate the computer literacy skills necessary to complete research 2.3 Demonstrate a basic understanding of appropriate referencing
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Demonstrate an ability to critically analyze and interpret valid research articles and popular trends.	3.1 Define and describe the difference between trends and fads 3.2 Ability to identify current trends 3.3 Demonstrate the ability to search for credible, peer-reviewed literature 3.4 Demonstrate the ability to identify unbiased research 3.5 Demonstrate the ability to summarize research into their own words 3.6 Demonstrate an understanding of sample size, sources, duration, and validity of articles
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Discuss and apply critical thinking of research articles and trends to the field of fitness and health.	4.1 Demonstrate the ability to discuss the difference between conflicting articles

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>	<b>Course Outcome Assessed</b>
Assignments	60%	2,3,4
Learning Activities	10%	All
Tests	30%	All

**Date:**

November 13, 2018

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

