



## COURSE OUTLINE: FIT153 - LEADERSHIP II-ADULTS

Prepared: Lisa Folz, Tania Hazlett

Approved: Bob Chapman, Chair, Health

<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>Semesters/Terms:</b>	21W
<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>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	FIT152
<b>This course is a pre-requisite for:</b>	FIT204, FIT251
<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 1 Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.
	VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.
	VLO 3 Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.
	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 6 Train individuals and instruct groups in exercise and physical activities.
	VLO 8 Assist in the development of business plans for health and fitness programs, activities and facilities.

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	<p>VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.</p> <p>VLO 10 Develop and implement risk management strategies for health and fitness programs, activities and facilities.</p> <p>VLO 11 Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.</p>								
<b>Essential Employability Skills (EES) addressed in this course:</b>	<p>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.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>								
<b>Course Evaluation:</b>	<p>Passing Grade: 50%,</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>								
<b>Books and Required Resources:</b>	<p>CSEP-PATH: Physical Activity Training for Health by CSEP          Publisher: CSEP Edition: 2nd</p>								
<b>Course Outcomes and Learning Objectives:</b>	<table border="1"> <thead> <tr> <th><b>Course Outcome 1</b></th> <th><b>Learning Objectives for Course Outcome 1</b></th> </tr> </thead> <tbody> <tr> <td>1. Identify and explain patterns and barriers to physical activity as they apply to various stages of adulthood</td> <td>           1.1 List and explain patterns of physical activity as they relate to adults            1.2 Identify and explain current physical activity guidelines for adults according to the Canadian Physical Activity Guidelines         </td> </tr> <tr> <th><b>Course Outcome 2</b></th> <th><b>Learning Objectives for Course Outcome 2</b></th> </tr> <tr> <td>2. Apply basic knowledge of cardiorespiratory physiology, anatomy, biomechanics and exercise physiology to training programs</td> <td>           2.1 Identify appropriate training techniques for a variety of clients            2.2 Identify appropriate training plans to improve health related components of fitness            2.3 Design and implement a complete training plan for a client            2.4 Demonstrate ability to teach basic human movement including appropriate cues, demonstration and corrective coaching.         </td> </tr> </tbody> </table>	<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>	1. Identify and explain patterns and barriers to physical activity as they apply to various stages of adulthood	1.1 List and explain patterns of physical activity as they relate to adults 1.2 Identify and explain current physical activity guidelines for adults according to the Canadian Physical Activity Guidelines	<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>	2. Apply basic knowledge of cardiorespiratory physiology, anatomy, biomechanics and exercise physiology to training programs	2.1 Identify appropriate training techniques for a variety of clients 2.2 Identify appropriate training plans to improve health related components of fitness 2.3 Design and implement a complete training plan for a client 2.4 Demonstrate ability to teach basic human movement including appropriate cues, demonstration and corrective coaching.
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	<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
	3. Explain and demonstrate effective communication and leadership styles for adults	3.1 Identify and explain key components of effective communication 3.2 Contrast effective and ineffective communication styles 3.3 Demonstrate effective communication through providing and accepting feedback 3.4 Apply knowledge of concepts of motivational interviewing techniques
	<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
	4. Demonstrate the ability to design and modify activities and programs to the abilities and strengths of individuals	4.1 Apply current research of adult lifestyle patterns to physical activity programming for adults 4.2 Define safety guidelines for physical activity programs for adults 4.3 Identify appropriate equipment for adult physical activity programs for adults 4.4 Discuss elements of program modifications for physical, social and emotional considerations as they apply to music, scheduling, and class format 4.5 Recognize limitations as fitness provider with respect to individuals with special circumstances
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
	5. Identify, contribute to and evaluate adult physical activity programs and events in the community.	5.1 Identify and discuss active healthy living opportunities within the community 5.2 Reflect on field experience and relate to personal professional goals
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Analyze current research of health, fitness and well-being trends for Adults	6.1 Identify potential new markets for adult active living programming 6.2 Discuss current physical activity trends for adults

<b>Evaluation Process and Grading System:</b>	<b>Evaluation Type</b>	<b>Evaluation Weight</b>
	Assignments	60%
	Tests	40%

**Date:** December 4, 2020

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

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