



COURSE OUTLINE: FIT121 - PHYS ACT CHILD/YOUTH

Prepared: Heather Pusch

Approved: Bob Chapman, Dean, Health

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| Course Code: Title | FIT121: PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH |
| Program Number: Name | 3040: FITNESS AND HEALTH |
| Department: | FITNESS & HEALTH PROMOTION |
| Academic Year: | 2023-2024 |
| Course Description: | In this course students will develop effective leadership skills to design and implement age-appropriate physical activity programs for children and youth. Students will explore current research of active living as it applies to children and youth to create programs that will improve the physical fitness of this age group. Barriers to physical activity for children and youth and the necessity of supportive environments will be investigated. Leadership skills will be developed through various practical experiences. |
| Total Credits: | 3 |
| Hours/Week: | 3 |
| Total Hours: | 42 |
| Prerequisites: | There are no pre-requisites for this course. |
| Corequisites: | There are no co-requisites for this course. |
| Substitutes: | FIT109 |
| Vocational Learning Outcomes (VLO's) addressed in this course: | 3040 - FITNESS AND HEALTH |
| Please refer to program web page for a complete listing of program outcomes where applicable. | VLO 1 Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program. |
| | VLO 2 Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients. |
| | VLO 3 Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness. |
| | VLO 4 Select and apply interview tools and coaching* strategies that will enable clients and groups improve their fitness, and wellness in sustainable ways. |
| | VLO 6 Support community health promotion strategies for active healthy living in the general population. |
| | VLO 7 Establish and maintain positive working relationships with clients, staff, allied health professionals and volunteers in the delivery of programs, activities, and the use of facilities. |
| | VLO 8 Provide positive reinforcement to empower clients and help them sustain their efforts. |
| | VLO 9 Develop plans and implement strategies for ongoing professional growth and development. |



| | VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats. | | | | | | | | | | | | | |
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| Essential Employability Skills (EES) addressed in this course: | 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 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 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 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: | <p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p> | | | | | | | | | | | | |
| | Course Outcomes and Learning Objectives: | <table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Define and explain components of healthy active living for children and youth.</td> <td> 1.1 Explain the present state of health and active living of Canadian children and youth according to research. 1.2 Describe and explain key components and the importance of the Canadian 24-Hour Movement Guidelines to increasing healthy active living in children and youth. 1.3 Explain the health implications of childhood inactivity. 1.4 List and explain patterns of physical activity as they relate to children and youth. 1.5 Determine barriers to physical activity among children and youth and research solutions. </td> </tr> <tr> <th>Course Outcome 2</th> <th>Learning Objectives for Course Outcome 2</th> </tr> <tr> <td>2. Describe and discuss child and youth development (physical, psychological, social) and apply to physical activity programming and the selection of appropriate activity options.</td> <td> 2.1 Explain the physical, emotional, mental and social factors influencing the growth and development of children and youth. 2.2 Describe factors contributing to motor development of children and youth. 2.3 Demonstrate understanding of key physical literacy skills and term. 2.3 Identify and discuss age-appropriate physical activity options. </td> </tr> <tr> <th>Course Outcome 3</th> <th>Learning Objectives for Course Outcome 3</th> </tr> <tr> <td>3. Explain and demonstrate effective communication, leadership and motivational skills as they relate to</td> <td> 3.1 Identify and demonstrate various communication, leadership and motivational skills. 3.2 Present as a knowledgeable fitness professional. 3.3 Interpret verbal and non-verbal communication and </td> </tr> </tbody> </table> | Course Outcome 1 | Learning Objectives for Course Outcome 1 | 1. Define and explain components of healthy active living for children and youth. | 1.1 Explain the present state of health and active living of Canadian children and youth according to research. 1.2 Describe and explain key components and the importance of the Canadian 24-Hour Movement Guidelines to increasing healthy active living in children and youth. 1.3 Explain the health implications of childhood inactivity. 1.4 List and explain patterns of physical activity as they relate to children and youth. 1.5 Determine barriers to physical activity among children and youth and research solutions. | Course Outcome 2 | Learning Objectives for Course Outcome 2 | 2. Describe and discuss child and youth development (physical, psychological, social) and apply to physical activity programming and the selection of appropriate activity options. | 2.1 Explain the physical, emotional, mental and social factors influencing the growth and development of children and youth. 2.2 Describe factors contributing to motor development of children and youth. 2.3 Demonstrate understanding of key physical literacy skills and term. 2.3 Identify and discuss age-appropriate physical activity options. | Course Outcome 3 | Learning Objectives for Course Outcome 3 | 3. Explain and demonstrate effective communication, leadership and motivational skills as they relate to | 3.1 Identify and demonstrate various communication, leadership and motivational skills. 3.2 Present as a knowledgeable fitness professional. 3.3 Interpret verbal and non-verbal communication and |
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| | children and youth. | behavior correctly and respond accordingly. 3.4 Demonstrate a variety of leadership styles to meet the needs of participants. 3.5 Identify and demonstrate the importance of role modeling as a fitness professional. 3.6 Explain the advantages and disadvantages of the use of music during physical activity sessions. 3.7 Select appropriate music for children and youth physical activity sessions. |
| | Course Outcome 4 | Learning Objectives for Course Outcome 4 |
| | 4. Demonstrate ability to adapt physical activity to the needs and strengths of participants based on assessment, individual needs and inclusivity. | 4.1 Define strength training guidelines for children and youth. 4.2 Identify and demonstrate age-appropriate methods of establishing physical activity levels. 4.3 Define the FITT principle and apply it to training guidelines for children and youth. 4.4 Discuss and participate in inclusive physical activity options. 4.5 Discuss and participate in traditional and culture-based physical activity options. |
| | Course Outcome 5 | Learning Objectives for Course Outcome 5 |
| | 5. Discuss elements of safety for children and youth as it relates to physical activity programming. | 5.1 Discuss elements necessary to provide emotional safety to child and youth participants. 5.2 Discuss confidentiality and ethics concerning physical activity of children and youth. 5.3 Discuss and identify elements necessary for children to participate safely in activities 5.4 Administer informed consent documents and medical clearance forms prior to physical activity. 5.5 Work within the scope of practice as a fitness professional while working with children and youth. |
| | Course Outcome 6 | Learning Objectives for Course Outcome 6 |
| | 6. Identify, contribute to and evaluate various community physical activity options for children and youth. | 6.1 Participate in a leadership practical community experiences for children and/or youth. 6.2 Reflect on practical community experiences and relate to personal professional goals. |
| Course Outcome 7 | Learning Objectives for Course Outcome 7 | |
| 7. Participate in variety of physical activity options for children and youth. | 7.1 Participate in and compare various types of physical activity option for children and youth. 7.2 Participate in and conduct age-appropriate fitness assessments. | |

Evaluation Process and Grading System:

| Evaluation Type | Evaluation Weight |
|--------------------------|-------------------|
| 1. Assignments | 40% |
| 2. Practical Assessments | 40% |
| 3. Exam | 20% |



Date: December 11, 2023

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

