



COURSE OUTLINE: FIT126 - PLACEMENT EXP. I

Prepared: Lisa Folz, Heather Pusch

Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT126: PLACEMENT EXPERIENCE I
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2023-2024
Course Description:	In this course you will complete 28 hours of placement experience on and off campus and participate in a 1-hour weekly seminar course. This field placement will provide the opportunity for practical application of your knowledge and skills in the fitness and health industry while working under industry professionals. The weekly seminar will provide support for current field placements.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	FIT110
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	FIT216
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 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 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.
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 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 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:

Satisfactory/Unsatisfactory
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A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Demonstrate responsibility and professionalism toward regular attendance of field placement and seminar class.	1.1 Demonstrate initiative in field placement interactions and task completions. 1.2 Apply problem-solving and creative thinking skills to field placement situations. 1.3 Attend and participate in weekly seminar classes involving individual or group contributions. 1.4 Perform duties as determined and assigned in collaboration with placement supervisor. 1.5 Comply with placement policies and procedures.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Communicate effectively with placement agency and the college.	2.1 Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience. 2.2 Communicate experiences while maintaining confidentiality.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Prepare administrative documents suitable for applying for a position within the fitness and health promotion field.	3.1 Complete required administrative materials prior to placement. 3.2 Reflect on your experiences in field placement and in seminar. 3.3 Prepare or update professional documentation. 3.4 Assess current levels of professionalism and preparation for the fitness & health industry.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Investigate a variety of organizations in the Fitness and Health Promotion Field.	4.1 Review local organizations in the fitness and health promotion field. 4.2 Identify job requirements for jobs in the fitness and health promotion field. 4.3 Identify the agency of interest for placement.

Date:

December 11, 2023

Addendum:

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

