



COURSE OUTLINE: FIT127 - EXER INST HLTH ADLT

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Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT127: EXERCISE INSTRUCTION FOR HEALTHY ADULTS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2023-2024
Course Description:	In this course the student will identify, explain and demonstrate the necessary elements of purposeful exercise and physical activity sessions, such as group exercise classes and personal training sessions, aimed at improving the health and wellness of healthy adults. Through study and practical experience, the student will be introduced to a variety of exercises, exercise equipment, exercise training principles, basic program planning skills, and effective exercise instruction techniques. Skills will be mastered through practice teaching, peer and instructor evaluation, and field trips.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	FIT111
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT151
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 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 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 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 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 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%,

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

Books and Required Resources:

Students will use the CSEP-PATH book purchased in semester 1.

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Demonstrate exercises and stretches for essential fitness components.	1.1 Identify essential components of an individual training session. 1.2 Identify essential components of a group training sessions. 1.3 Identify essential components of cardio-respiratory training, muscular conditioning, flexibility, and balance. 1.4 Demonstrate exercises and stretches for essential training session components.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Design and modify activities and programs grounded in the fundamentals of anatomy, biomechanics, physiology, and participant ability.	2.1 Identify and demonstrate exercises and stretches for each of the major muscle groups. 2.2 Identify and demonstrate progressions and regressions of a variety of exercises. 2.3 Identify and demonstrate exercises for each plane of motion. 2.4 Identify physiological adaptations that occur during exercise and adapt individual and group training session accordingly.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Participate and evaluate a variety of individual and group training sessions.	3.1 Participate in a variety of individual training sessions. 3.2 Participate in a variety of group training sessions. 3.3 Identify and explain advantages and disadvantages of individual and group training styles. 3.4 Identify characteristics that impact participation in individual and group training sessions.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Instruct participants in the safe use of exercise equipment.	4.1 Identify equipment used in group individual and group training. 4.2 Distinguish between effective and ineffective exercise equipment.



	4.3 Weigh the advantages and disadvantages of exercise equipment for a variety of exercises and participants. 4.4 Demonstrate appropriate use of exercise equipment. 4.5 Instruct a participant in the safe use of exercise equipment.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate communication, leadership, and motivational skills appropriate to the audience and type of activity.	5.1 Identify and demonstrate various motivational, feedback and cueing techniques. 5.2 Present as a knowledgeable fitness professional. 5.3 Interpret verbal and non-verbal communication and behavior correctly and respond accordingly. 5.4 Demonstrate a variety of leadership styles to meet the needs of participants in individual and group settings. 5.5 Describe the importance of group cohesion as it applies to group training. 5.6 Identify the importance of role modeling as a fitness professional. 5.7 Explain the advantages and disadvantages of the use of music during individual and group training sessions. 5.8 Select appropriate music for individual and group training sessions.
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Demonstrate elements necessary to ensure participant safety during individual and group training sessions.	6.1 Understand scope of practice as it related to individual and group training. 6.2 Utilize prescreening measures. 6.3 Protect the confidentiality of all client records and information. 6.4 Monitor intensity of individual and group training sessions. 6.5 Perform facility and environmental safety checks. 6.6 Recognize contraindicated exercises and stretches and identify appropriate modifications. 6.7 Identify and demonstrate appropriate order of exercises during individual and group training. 6.7 Apply knowledge of first aid and CPR as necessary.
Course Outcome 7	Learning Objectives for Course Outcome 7
7. Demonstrate principles of motivation and adherence as they apply to participants in individual and group training sessions.	7.1 Define the terms motivation and adherence. 7.2 Explain recent trends in individual and group training. 7.3 Identify techniques to incorporate health education and health promotion into training sessions. 7.4 Examine research on motivation and adherence as it relates to individual and group training. 7.5 Demonstrate motivational cueing.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	60%
Practical Assessments	40%

Date:

December 11, 2023



Addendum:

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

