



COURSE OUTLINE: FIT255 - FIELD PLACEMENT

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Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT255: CONSOLIDATING FIELD PLACEMENT
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2023-2024
Course Description:	This course is the consolidating practicum for the Fitness and Health Promotion program. Students will be placed in a community setting where, under supervision, they will carry out duties as defined by the student, the agency supervisor and the program faculty. The goal of practicum is to provide the students the opportunity to apply the knowledge, skills and values at an entry level position in the field of health promotion and fitness.
Total Credits:	18
Hours/Week:	8
Total Hours:	100
Prerequisites:	FIT203, FIT204, FIT206, FIT207, FIT251
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT250
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.

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 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 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. Demonstrates ability to work within the role of a fitness or health promotion professional in a fitness, recreation, wellness or health promotion organization or facility.	1.1 Completes clerical and administrative duties as requested 1.2 Completes maintenance duties as requested including cleaning equipment 1.3 Conducts client intakes and/or community contact communication 1.4 Participates in training sessions based on recommendations of personal trainers 1.5 Participates in health promotion strategies on recommendation of supervisor 1.6 Identifies assessment and prescription limitations of the Fitness and Health Promotion student
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Demonstrates skill in assisting health and wellness professionals as they contribute to the health and well-being of clients.	2.1 Assists with gathering intake information 2.2 Assists with initial assessments 2.3 Assists with personal training sessions and/or contributes to fitness classes
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrates skill in communicating appropriate physical activity, active living	3.1 Assists in the prescription of safe and healthy activities, exercises, and programs to enhance the health components of fitness



and lifestyle programs to enhance health, fitness and well-being of individuals and groups.	3.2 Demonstrates ability to apply appropriate training principles 3.3 Selects appropriate exercises and equipment for various populations 3.4 Demonstrates ability to communicate impact of healthy lifestyle choices to individuals and groups 3.5 Demonstrates good body mechanics and posture
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Demonstrates ability to utilize appropriate motivational skills to promote or enhance fitness, active living and well-being of individuals and groups.	4.1 Demonstrates ability to establish rapport and a supportive environment 4.2 Utilizes active listening skills 4.3 Demonstrates ability to interpret verbal communication and non-verbal behaviour correctly 4.4 Demonstrates unconditional positive regard and remains non-judgmental while working with individuals and groups 4.5 Utilizes communication styles appropriate for a variety of age groups 4.6 Demonstrates ability to apply motivational techniques to increase adherence to a healthy lifestyle
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrates appropriate professional and ethical behaviour.	5.1 Communicates clearly and coherently in appropriate written and spoken formats 5.2 Maintains behaviours consistent with the policies and procedures of the organization (dress code, punctuality, absences) 5.3 Maintains confidentiality 5.4 Manages conflict and accepts feedback in a constructive manner 5.5 Applies effective time management skills and personal organization abilities
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Demonstrates ability to apply risk management strategies.	6.1 Ensures equipment maintenance and safety checks are completed in a timely manner 6.2 Ensures individuals and groups are instructed in the safe usage of all equipment and execution of exercises 6.3 Applies knowledge of first aid and CPR if necessary 6.4 Provides appropriate supervision to individuals and groups where needed
Course Outcome 7	Learning Objectives for Course Outcome 7
7. Demonstrates ability to contribute to health promotion strategies.	7.1 Demonstrates ability promote the importance and value of healthy active living 7.2 Demonstrates the ability to design and lead health promotion events and/or strategies

Date:

December 11, 2023

Addendum:

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

