



COURSE OUTLINE: FIT210 - F&L COUNSELLING

Prepared: Lisa Folz

Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT210: FITNESS AND LIFESTYLE COUNSELLING
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2024-2025
Course Description:	In this course, students will learn various interviewing skills and behavior modification strategies to effectively gather information about a client's health and lifestyle and help clients make healthy lifestyle changes. In this course students will identify the common characteristics of lifestyle behaviors, understand and apply behaviour change theories, practice and demonstrate motivational techniques to enhance client adherence, and utilize various tools to assess and assist clients in making healthy lifestyle and behaviour changes
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	FIT110, FIT122
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	FIT220, FIT224
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 4 Select and apply interview tools and coaching* strategies that will enable clients and groups improve their fitness, and wellness in sustainable ways.
	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 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:

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:

CSEP-PATH Physical Activity Training for Health by CSEP
 Publisher: CSEP Edition: 3rd
 ISBN: 9781896900582

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Assess health, activity level and lifestyle of the client using standardized protocols	1.1 Assess a client`s activity level using the PASB-Q 1.2 Assess a client`s lifestyle using the Fantastic Lifestyle Questionnaire 1.3 Assess a client`s stage of change 1.4 Synthesize results of health-related assessments to develop individualized wellness plans 1.5 Identify issues related to the clients` current lifestyle (e.g., diet, health-risk behaviours, stressors)
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Conduct a motivational interview	2.1 Define motivational interviewing. 2.2 Identify a variety of motivational techniques. 2.3 Communicate assessment results accurately and persuasively in both written and verbal formats in a manner that is comprehensible to the client and enables an understanding of their current health status. 2.4 Explain the impact of unhealthy lifestyle choices to the client. 2.5 Identify strategies to improve client adherence. 2.6 Collaborate with the clients in the development of their goals. 2.7 Assist clients in identifying lifestyle needs that are important to them. 2.8 Assist clients in choosing activities that are compatible with identified needs. 2.9 Assist clients in building routines for behaviour change 2.10 Use a variety of strategies* for supporting clients.



	<p>2.11 Establish follow-up measures and timelines for the achievement of wellness goals.</p> <p>2.12 Determine clients` expectations for follow-up and encourage them to return.</p>
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Deliver a PowerPoint presentation on health-enhancing behaviours	<p>3.1 Speak and write clearly, concisely, persuasively, and logically.</p> <p>3.2 Review accuracy of content, spelling and grammar in documents, and electronic messages before sending to the target audience.</p> <p>3.3 Use professional and industry specific terminology effectively</p> <p>3.4 Prepare presentations using appropriate software.</p> <p>3.5 Utilize language and communication styles appropriate for the audience.</p>
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Demonstrate professional behaviours during all spoken and written interactions with clients	<p>4.1 Utilize language and communication styles appropriate for the client and their personality</p> <p>4.2 Recognize and respond sensitively to individual rights and cultural diversity</p> <p>4.3 Use coaching skills to create a safe and supportive relationship with the client</p> <p>4.4 Show unconditional positive regard and remain non-judgmental</p> <p>4.5 Communicate empathy for the client</p> <p>4.6 Apply effective time management skills and personal organization abilities to all aspects of work</p> <p>4.7 Use electronic communications technology such as email, voice mail, and text messaging appropriately to communicate effectively</p> <p>4.8 Ensure documentation and record keeping is accurate, retained securely and complies with legislation, workplace regulations and professional standards</p> <p>4.9 Conduct interpersonal communications with authenticity and respect</p> <p>4.10 Use active listening skills</p> <p>4.11 Work within scope of practice</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Describe effective interpersonal communication skills as they relate to roles in the fitness industry	<p>5.1 Identify language and communication styles appropriate for various clients</p> <p>5.2 Define rapport and identify strategies to create a supportive environment</p> <p>5.3 Identify characteristics of a leader</p> <p>5.4 Interpret verbal and nonverbal behavior of clients and self</p> <p>5.5 Identify active listening skills</p> <p>5.6 Recognize the importance and characteristics of excellent customer service</p> <p>5.7 Identify techniques for conflict resolution</p> <p>5.8 Identify various modes of communication and the</p>



	effectiveness of each for different clients 5.9 Identify ways to communicate information persuasively and accurately in written, oral and other media formats 5.10 Identify the appropriate use of electronic communications technology such as email, voice mail, and text messaging. 5.11 Identify social media tools that are appropriate for the fitness and health field 5.12 Use professional and industry specific terminology								
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Date:	August 20, 2024								
Addendum:	Please refer to the course outline addendum on the Learning Management System for further information.								