



COURSE OUTLINE: FIT211 - EXERCISE PROGRAMMING

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Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT211: EXERCISE PROGRAMING	
Program Number: Name	3040: FITNESS AND HEALTH	
Department:	FITNESS & HEALTH PROMOTION	
Academic Year:	2024-2025	
Course Description:	This course provides the student with the theory and practical knowledge required to design individual training and lifestyle programs tailored to the client's needs and wants. Students will appropriately design resistance, aerobic, mobility, and body composition exercise programs for a variety of client case studies. In lab, students will develop and demonstrate competency in instructing a variety of resistance, aerobic and mobility exercises.	
Total Credits:	3	
Hours/Week:	3	
Total Hours:	42	
Prerequisites:	FIT122, FIT123, FIT124, FIT127	
Corequisites:	There are no co-requisites for this course.	
Substitutes:	FIT153	
This course is a pre-requisite for:	FIT220, FIT222, 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 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 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.	
	Essential Employability Skills (EES) addressed in	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.



this course:

- 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 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:

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

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Utilize appropriate documents and tools to inform the design of your exercise programs.	1.1 Utilize evidenced-based forms to collect personal health information. 1.2 Document results and progress using the SOAP note format. 1.3 Assess your client's physical health using the CSEP health appraisal protocols. 1.4 Design exercise programs using appropriate prescription cards
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Develop and modify exercise programs to meet the needs and abilities of various types of clients.	2.1 Apply exercise physiology, anatomy, and biomechanics concepts to the design of exercise programs. 2.2 Apply training principles and progression concepts when designing exercise programs. 2.3 Design appropriate warm-up and cool-down programs 2.4 Interpret fitness assessment results and create an appropriate FIIT prescription. 2.5 Design programs for various types of clients including beginners, intermediate, advanced. 2.6 Apply knowledge from Special Populations to design programs for clients with unique needs. 2.7 Apply knowledge of a broad range of physical activity options. 2.8 Evaluate the success of client exercise programs at regular intervals.



	<p>2.9 Identify FIIT prescriptions for developing aerobic fitness.</p> <p>2.10 Identify FIIT prescriptions for developing muscular endurance.</p> <p>2.11 Identify FIIT prescriptions for developing muscular strength.</p> <p>2.12 Identify FIIT prescriptions for improving flexibility.</p> <p>2.13 Identify FIIT prescriptions for improving body composition.</p>
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate effective communication and leadership styles during a training session.	<p>3.1 Establish rapport and a supportive environment for the individual client.</p> <p>3.2 Present a knowledgeable, professional, and genuinely authentic manner.</p> <p>3.3 Use a variety of cues to safely and effectively teach an exercise and/or program.</p> <p>3.4 Observe client performance and give appropriate and timely feedback.</p>
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Lead clients through a safe exercise training program.	<p>4.1 Explain and demonstrate the importance of good body mechanics and posture</p> <p>4.2 Monitor intensity and progression of exercise</p> <p>4.3 Monitor the client's response to training and modify as needed.</p> <p>4.4 Select appropriate exercises and equipment for individual clients to target various muscle groups.</p> <p>4.5 Identify exercises that are contraindicated and inform the client of these.</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Conduct a client interview to gather information that will be used to inform the design of your exercise program.	<p>5.1 Determine the needs, wants, abilities and limitations of the client related to their goals.</p> <p>5.2 Utilize SMART goal setting to determine the unique needs of a client.</p> <p>5.3 Use open-ended questions to gather information.</p> <p>5.4 Establish rapport and a supportive environment for the individual client.</p> <p>5.5 identify the steps to initiate a client interview.</p>

Evaluation Process and Grading System:	Evaluation Type	Evaluation Weight
	Assignments	60%
	Exam	20%
	Practicals	20%

Date: July 31, 2024

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