



COURSE OUTLINE: FIT212 - PHYS ACT AND WELL OA

Prepared: Heather Pusch

Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT212: PHYS. ACTIVITY & WELLNESS FOR OLDER ADUL
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2024-2025
Course Description:	In this course students will develop effective leadership skills to design and implement appropriate physical activity and wellness programs for older populations. Students will learn how to modify program variables to facilitate the distinctive needs of this population. Students will explore current research of active living and wellness as it applies to older populations. Leadership skills will be developed through hands-on learning.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	FIT123
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	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 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 6 Support community health promotion strategies for active healthy living in the general population.
	VLO 8 Provide positive reinforcement to empower clients and help them sustain their efforts.
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 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%, D

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. Define and explain components of healthy active living for older adults.	1.1 Explain the present state of health and active living of Canadian older adults. 1.2 Describe and explain key components and the importance of the Canadian 24-Hour Movement Guidelines to increasing healthy active living in older adults. 1.3 Explain the health implications of inactivity among older adults. 1.4 List and explain patterns of physical activity as they relate to older adults. 1.5 Determine barriers to physical activity among older adults and research solutions.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Describe and discuss the physical, psychological, and social factors influencing older adults and apply to physical activity programming and the selection of appropriate activity options.	2.1 Explain the physical, emotional, mental and social factors influencing older adults. 2.2 Describe factors limiting physical activity in older adults. 2.3 Demonstrate understanding of key physical literacy skills as they relate to older adults. 2.3 Identify and discuss age-appropriate physical activity options.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Explain and demonstrate effective communication, leadership and motivational skills as they relate to older adults.	3.1 Identify and demonstrate various communication, leadership and motivational skills. 3.2 Present as a knowledgeable fitness professional. 3.3 Interpret verbal and non-verbal communication and behavior correctly and respond accordingly. 3.4 Demonstrate a variety of leadership styles to meet the needs of participants. 3.5 Identify and demonstrate the importance of role modeling as a fitness professional. 3.6 Explain the advantages and disadvantages of the use of music during physical activity sessions. 3.7 Select appropriate music for older adult physical activity sessions.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Demonstrate ability to adapt physical activity to the needs and strengths of participants based on assessment, individual needs and inclusivity.	4.1 Define exercise training guidelines for older adults. 4.2 Identify and demonstrate age-appropriate methods of establishing physical activity levels. 4.3 Define the FITT principle and apply it to training guidelines for older adults. 4.4 Discuss and participate in inclusive physical activity



	options. 4.5 Discuss and participate in traditional and culture-based physical activity options.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Discuss elements of safety for older adults as it relates to physical activity programming.	5.1 Discuss elements necessary to provide emotional safety to older adults. 5.2 Discuss confidentiality and ethics concerning physical activity for older adults. 5.3 Discuss and identify elements necessary for older adults to participate safely in activities. 5.4 Administer informed consent documents and medical clearance forms prior to physical activity. 5.5 Work within the scope of practice as a fitness professional while working with older adults.
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Identify, contribute to and evaluate various community physical activity options for older adults.	6.1 Participate in a leadership practical community experiences for older adults. 6.2 Reflect on practical community experiences and relate to personal professional goals.
Course Outcome 7	Learning Objectives for Course Outcome 7
7. Participate in variety of physical activity options for older adults.	7.1 Participate in and compare various types of physical activity option for older adults. 7.2 Participate in and conduct age-appropriate fitness assessments.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	40%
Exam	20%
Practicals	40%

Date:

July 31, 2024

Addendum:

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

