



COURSE OUTLINE: FIT220 - ADV. EX ASSESS/PRESC

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Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT220: ADVANCED EXERCISE ASSESSMENT & PRESCRIPT
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2024-2025
Course Description:	This course provides the student with the practical knowledge required to assess and design individual training and lifestyle programs for at least one client on campus. Students will be introduced to more advanced testing and exercise design techniques to enhance a person's muscular health, cardiovascular health, speed, balance, coordination, power, agility, mobility and body composition. CSEP-PATH concepts and skills will be prioritized to prepare students for the national CSEP-CPT examination. The student will be expected to demonstrate competence in the administration of all learned assessments, as well as demonstrate effective instruction, cueing and feedback to a client during live personal training sessions. Students will be assigned a mentor to assist with program development and execution.
Total Credits:	4
Hours/Week:	4
Total Hours:	56
Prerequisites:	FIT210, FIT211, FIT214
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT207, FIT251
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.
	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:

Passing Grade: 50%,

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. Design, prescribe, implement, and evaluate individual training and lifestyle programs.	1.1 Apply knowledge of a broad range of physical activity options 1.2 Prescribe safe and healthy activities, exercises, and programs 1.3 Select exercises and appropriate equipment for individual clients 1.4 Apply training principles 1.5 Identify assessment and prescription limitations of the fitness professional 1.6 Apply motivational techniques 1.7 Plan and schedule activities, and programs by developing and applying appropriate principles, purposes, goals, objectives, and time lines 1.8 Demonstrate the correct selection of equipment and execution of various types of activities/exercises
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Identify and practice a variety of fitness and health assessments to enhance a client's fitness and health	2.1 Select tools, design strategies, and create action plans by applying the guiding principles of behavior change 2.2 Determine the needs, wants, abilities, and limitations of the client for goal setting



goals	<p>2.3 Apply knowledge of assessment to determine the needs of the client</p> <p>2.4 Match activities and programs to the needs and strengths of individuals or groups</p> <p>2.5 Match appropriate assessments to a variety of client needs.</p> <p>2.6 Interpret and communicate results to the client.</p> <p>2.7 Document results using SOAP format.</p>
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Monitor client progress during weekly exercise sessions	<p>3.1 Monitor clients response to training and modify training to suit client needs</p> <p>3.2 Monitor exercise and activity programs and adapt and modify, when necessary, to meet the needs of the client</p> <p>3.3 Observe client performance and give appropriate and timely feedback to the client</p> <p>3.4 Monitor intensity and progression of activity/exercise programs</p> <p>3.5 Present information in a clear and understandable manner utilizing a variety of instructional techniques to fully involve client</p> <p>3.6 Provide appropriate supervision and spotting techniques where needed</p> <p>3.7 Ensure clients are instructed in the usage of all equipment</p>
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Demonstrate appropriate level of leadership, communication and professionalism in the selection, training, and guiding of volunteers	<p>4.1 Appropriately responding to the concerns, needs, and issues of individuals</p> <p>4.2 Communicate appraisal results in both written and oral formats.</p> <p>4.3 Communicate appraisal results in a comprehensible manner to the client.</p> <p>4.4 Promote to the client an understanding of their current fitness status</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Apply foundational knowledge of exercise physiology, anatomy, nutrition, and biomechanics to inform various exercise programs	<p>5.1 Assess, correct and/or modify a clients technique as they perform basic movement patterns</p> <p>5.2 Apply exercise physiology concepts such as bioenergetics, energy expenditure, adaptations to resistance and aerobic training, and how body systems function during exercise</p> <p>5.3 Apply sport nutrition concepts to high level athletes</p> <p>5.4 Practice giving nutrition advice to all types of clients</p> <p>5.5 Discuss the anatomy of various exercise movements to clients</p> <p>5.6 Apply basic body composition prescription principles to advanced body composition techniques and assessments</p>
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Identify and practice a variety of fitness and health assessments to enhance athletic and occupational	<p>6.1 Understand and explain the connection between the demands of their client's job and the physical assessments related to their job.</p> <p>6.2 Demonstrate an understanding of ergonomics as it relates</p>



	performance	to human movement and performance during fitness-related activities. 6.3 Able to make recommendations for task modification on the job and for physical activities of daily living. 6.4 Able to provide appropriate exercise recommendations to improve a person's performance during a work-related assessment and on the job. 6.5 Administer a variety of skill related assessments, such as, Speed, Balance, Coordination, Agility, Power, Aerobic and Anaerobic fitness and 1-5 RM. 6.6 Observe a max VO2 assessment and identify the steps to undertake one safely 6.7 Assess a client's muscle balance.
	Course Outcome 7	Learning Objectives for Course Outcome 7
	7. Apply foundational prescription concepts and results from performance assessments to high level athletes and specific careers that require physical fitness	7.1 identify various periodization models utilized in sport performance prescriptions 7.2 Apply fitness principles to athletes and different occupations 7.3 Identify performance psychology concepts that are within our SOP 7.4 Design specific athletic programs for a variety of sports such as hockey, basketball, track and field etc. 7.5 Design fitness programs for individuals in various careers such as police, firefighting, paramedic etc.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Exercise program Binder	30%
Mentoring	20%
Practical	20%
Weekly labs	30%

Date: August 20, 2024

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