



## COURSE OUTLINE: FIT224 - CONSOLIDAT PLAC/CAR

Prepared: Heather Pusch, Lisa Folz

Approved: Bob Chapman, Dean, Health

<b>Course Code: Title</b>	FIT224: CONSOLIDATING PLACEMENT AND CAREER PREP
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Academic Year:</b>	2024-2025
<b>Course Description:</b>	This course is the consolidating practicum and career development course for the Fitness and Health Promotion program. This course is designed to prepare students for entry into the fitness and health promotion industry. Emphasis is placed on strengthening resume writing, interviewing and employability skills. General professional issues will also be reviewed and discussed. Plans for ongoing personal and professional growth and development will be examined and the student will clarify their own professional philosophy and role in the health, fitness and well-being field of practice. Students will also be placed in a community setting for 100 hours where, under supervision, they will carry out duties as defined by the student, the agency supervisor and the program faculty.
<b>Total Credits:</b>	13
<b>Hours/Week:</b>	1
<b>Total Hours:</b>	114
<b>Prerequisites:</b>	FIT210, FIT211, FIT212, FIT213, FIT214, FIT215, FIT216
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	FIT254, FIT255
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3040 - FITNESS AND HEALTH</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 9 Develop plans and implement strategies for ongoing professional growth and development.
<b>Essential Employability Skills (EES) addressed in this course:</b>	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 5 Use a variety of thinking skills to anticipate and solve problems. 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.

**Other Course Evaluation & Assessment Requirements:**

S/U for Consolidating Placement Experience

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Demonstrates knowledge of the role of a fitness and health professional in various occupational settings.	1.1 Investigate organizational structure in various fitness and health occupational settings. 1.2 Determine qualifications necessary for employment in common fitness and health occupations 1.3 Identify roles and responsibilities of fitness and health occupations.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Demonstrates ability to define and articulate an effective learning plan	2.1 Articulate the value of developing well defined learning objectives 2.2 Differentiate between well-defined and poorly defined learning objectives 2.3 Identify when and how learning objectives should be reviewed or reconsidered 2.4 Demonstrate ability to access resources for developing learning objectives and for further study
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Demonstrate written, verbal and non-verbal skills necessary to seek employment in the field of fitness and health promotion	3.1 Identify key components of an effective resume 3.2 Identify key verbal and non-verbal communication related to the interview process 3.3 Demonstrate ability to successfully prepare for an interview 3.4 Identify key sources for employment search
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Demonstrates responsibility and professionalism toward regular attendance of field placement and seminar class.	4.1 Demonstrate initiative in field placement interactions and task completions. 4.2 Apply problem-solving and creative thinking skills to field placement situations. 4.3 Attend and participate in weekly seminar classes involving individual or group contributions. 4.4 Perform duties as determined and assigned in collaboration with placement supervisor. 4.5 Comply with placement policies and procedures
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Communicate effectively with placement agency and the college.	5.1 Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience. 5.2 Communicate experiences while maintaining confidentiality.



	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Prepare administrative documents suitable for various placement positions within the fitness and health promotion field.	6.1 Complete required administrative materials prior to placement. 6.2 Reflect on your experiences in field placement and in seminar. 6.3 Prepare or update professional documentation. 6.4 Assess current levels of professionalism and preparation for the fitness & health industry 6.5 Identify the agency of interest for placement.
	<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
	7. Investigate a variety of careers, certifications, and professional development opportunities in the Fitness and Health Promotion Field.	7.1 Review available careers in the fitness and health promotion field. 7.2 Identify job requirements for various careers in the fitness and health promotion field. 7.3 Identify certification options in the fitness and health field 7.4 Identify and engage in various professional development opportunities
	<b>Course Outcome 8</b>	<b>Learning Objectives for Course Outcome 8</b>
	8. Participate in a community fieldwork placement.	8.1 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. 8.2 Demonstrates skill in assisting health and wellness professionals as they contribute to the health and well-being of clients. 8.3 Demonstrates skill in communicating appropriate physical activity, active living and lifestyle programs to enhance health, fitness and well-being of individuals and groups. 8.4 Demonstrates ability to utilize appropriate motivational skills to promote or enhance fitness, active living and well-being of individuals and groups. 8.5 Demonstrates appropriate professional and ethical behaviour. 8.6 Demonstrates ability to apply risk management strategies. 8.7 Demonstrates ability to contribute to health promotion strategies.

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Assignments	100%

**Date:** August 20, 2024

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