



COURSE OUTLINE: OPA101 - FITNESS AND WELLNESS

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Approved: Bob Chapman, Dean, Health

Course Code: Title	OPA101: FITNESS & WELLNESS:PRINCIPLES & APPLICAT
Program Number: Name	3022: OCCUP/PHYSIO/ASSIST
Department:	OTA/PTA ASSISTANT
Academic Year:	2024-2025
Course Description:	This course considers the impact of the determinants of health on the well-being of individuals. Topics include, but are not limited to: dimensions of wellness, positive lifestyle choices, self-management and behaviour change techniques, exercise prescription, fitness training methods, nutrition, injury prevention, mental health and stress reduction. Through participation in hands-on learning experiences, the student gains the knowledge and skills necessary to make positive lifestyle changes for themselves and others. The student will gain knowledge and skill in the application of techniques relevant to lifelong health and wellness.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT108
This course is a pre-requisite for:	OPA107, OPA109, OPA110, OPA131
Vocational Learning Outcomes (VLO's) addressed in this course:	3022 - OCCUP/PHYSIO/ASSIST
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their significant others, occupational therapists, physiotherapists, and members of the interdisciplinary health care team and others.
	VLO 4 Promote a safe environment that prevents or minimizes potential physical or mental harm to the client, therapist assistant and others.
	VLO 8 Perform the roles and responsibilities of the therapist assistant effectively through the application of relevant knowledge of health sciences, psychosocial sciences, health conditions, resource management, and clinical procedures.
	VLO 9 Contribute to the occupational therapist's or physiotherapist's assessment of the client and the development, implementation and modification of intervention/treatment plans.
	VLO 11 Maximize the client's physical function by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the physiotherapist.
Essential Employability	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form



Skills (EES) addressed in this course:

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 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: 60%, C

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Books and Required Resources:

OER provided by Professor

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Demonstrate an understanding of the concept of wellness.	1.1 Contrast the past definition of health with the contemporary concept of wellness. 1.2 Explore the validity of the statement health is a matter of choice. 1.3 Describe how over reliance on our health care system impacts us as individuals and as a society. 1.4 Identify seven dimensions of wellness and behaviour choices which enhance each of them. 1.5 Describe and demonstrate self-management strategies which allow one to adopt healthy lifestyle behaviours.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Demonstrate knowledge and skills related to the physical fitness.	2.1 Demonstrate knowledge of the Canadian 24-Hour Movement Guidelines and their relationship to health, wellness and disease prevention. 2.2 Differentiate between health-related and skill-related fitness. 2.3 Define each of the five components of health-related fitness. 2.4 Outline the minimum exercise requirements necessary to improve each component of fitness applying the FITT Formula of exercise prescription. 2.5 Explain the importance of a warm-up and cool-down and describe the critical elements of both. 2.6 Identify examples of aerobic activities which have the potential to increase cardiorespiratory endurance. 2.7 Determine appropriate exercise intensities. 2.8 Identify the many health benefits of regular physical activity.



	2.9 Identify and describe the components of the Canadian 24-Hour Movement Guidelines.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate knowledge and skills related to the development of muscular strength, muscular endurance, flexibility, balance and cardiovascular fitness.	<p>3.1 Describe the many ways that muscular strength training, muscular endurance training, flexibility, balance and cardiovascular fitness enhance wellness.</p> <p>3.2 Identify and apply safe exercise practices with weight training, stretching and cardiovascular exercise.</p> <p>3.3 Describe how to establish an ideal training weight for a beginner and for an experienced weight trainer.</p> <p>3.4 Identify weight training exercises for the major muscle groups.</p> <p>3.5 Demonstrate the use of weight training machines, free weights, and other small resistive equipment (tubing, bands, balls etc.) and aerobic equipment.</p> <p>3.6 Instruct a peer in the safe use of equipment and proper exercise technique.</p> <p>3.7 Identify common fallacies related to weight training and aerobic fitness training.</p> <p>3.8 Design and follow a weight training program to achieve improvement or maintenance of muscular strength and/or muscular endurance.</p> <p>3.9 Describe how flexibility and balance training enhances wellness.</p> <p>3.10 Describe the factors which limit flexibility.</p> <p>3.11 Describe the effects of static and dynamic stretching techniques.</p> <p>3.12 Demonstrate safe and effective exercises which enhance flexibility for each area of the body.</p> <p>3.13 Instruct a peer in correct stretching techniques for major muscles of the body.</p> <p>3.14 Demonstrate safe and effective exercises which enhance balance.</p> <p>3.15 Identify some common unsafe exercise and their safer alternatives.</p>
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Identify, administer, evaluate and interpret results of fitness tests for the five components of health related fitness.	<p>4.1 Describe fitness assessment methods for each of the five components of health-related fitness.</p> <p>4.2 Participate in various fitness assessment procedures.</p> <p>4.3 Evaluate fitness assessment results and make appropriate training recommendations.</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate an understanding of major risk factors related to injury during exercise.	<p>5.1 Identify the safe exercise techniques and modifications.</p> <p>5.2 Identify recommendations for safe exercise practices among special populations (eg. Elderly population, pregnant women, asthma, etc.).</p> <p>5.3 Describe recommendations to reduce risk of lower back injury during exercise.</p>



	Course Outcome 6	Learning Objectives for Course Outcome 6
	6. Describe the essential elements of good nutrition and healthy eating practices.	6.1 Describe three ways dietary habits of Canadians have changed in the past 75 years and explain how these changes have affected our nutritional wellness. 6.2 Identify the six major nutrients and describe their main functions in the body. 6.3 Identify the percentage of calories recommended in the diet for carbohydrates, proteins and fats. 6.4 Differentiate between complex and simple carbohydrates. 6.5 Describe the health benefits of soluble and insoluble fibre and list good sources of each. 6.6 List examples of saturated, monounsaturated and polyunsaturated fats and explain their relationship to coronary heart disease. 6.7 Identify foods high in cholesterol. 6.8 Identify the key concepts promoted in Canada's Food Guide. 6.9 Analyze meals for dietary fat and fibre content. 6.10 Examine one's own nutritional behaviour and outline strategies for improvement.
	Course Outcome 7	Learning Objectives for Course Outcome 7
7. Identify and apply concepts related to mental health to one's personal life.	7.1 Define mental health and mental illness. 7.2 Identify behaviours that enhance mental health. 7.3 Define the terms stress and stressor. 7.4 Describe the stress response (ie. General Adaptation Syndrome). 7.5 Describe the harmful effects of too much stress. 7.6 Identify and explain stress modification techniques. 7.7 Experience and reflect on specific relaxation techniques as stress management strategies. 7.8 Explain how the following lifestyle behaviours/characteristics impact our experience of stress: eating habits, time management, alcohol, drugs and cigarette use, sleeping habits, satisfying relationships, seeking help and support of others, balancing work and play.	
Course Outcome 8	Learning Objectives for Course Outcome 8	
8. Describe the important issues to consider when making the pursuit of wellness a lifetime endeavour.	8.1 Distinguish between a credible health product/discovery and one that is not credible. 8.2 Give examples of wellness programs that can be offered in the workplace. 8.3 Describe ways to foster wellness habits in children. 8.4 Describe several precautions to enhance personal safety. 8.5 Describe trends and future challenges which will affect personal wellness. 8.6 List physical environmental factors that may influence personal wellness 8.7 Identify aspects of health and wellness related to prevention strategies and making healthy choices.	

Evaluation Process and



Grading System:	Evaluation Type	Evaluation Weight
	1. Labs	40%
	2. Assignments	20%
	3. Tests/Exams	40%

Date: August 15, 2024

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