



COURSE OUTLINE: OPA101 - FITNESS AND WELLNESS

Prepared: Heather Pusch

Approved: Rebecca Keown - Dean

Course Code: Title	OPA101: FITNESS & WELLNESS:PRINCIPLES & APPLICAT
Program Number: Name	3022: OCCUP/PHYSIO/ASSIST
Department:	OTA/PTA ASSISTANT
Academic Year:	2025-2026
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, OPA122, 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:

The Student's Anatomy of Exercise Manual by Ashwell, K
 Publisher: Barron's
 ISBN: 9781438001135

The Student's Anatomy of Stretching Manual by Ashwell, K
 Publisher: Barron's
 ISBN: 9781438003917

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 Identify eight dimensions of wellness and behaviour choices which enhance each of them. 1.3 Assess wellness dimensions and create a behaviour change plan for improvement. 1.4 Describe and demonstrate 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 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 Define each of the six components of skill-related fitness. 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 Identify common barriers to physical activity and suggest



	strategies to overcome them.
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 cardiorespiratory fitness.	3.1 Describe the many ways that muscular strength training, muscular endurance training, flexibility, balance, and cardiorespiratory fitness enhance wellness. 3.2 Outline the minimum exercise requirements necessary to improve each component of fitness applying the FITT Formula of exercise prescription. 3.3 Participate in independent and group exercise sessions. 3.4 Identify and apply safe exercise practices with weight training, balance training, stretching and cardiorespiratory exercise. 3.5 Demonstrate the safe use of exercise machines and other small resistive equipment (tubing, bands, balls etc.). 3.6 Instruct a peer in the safe use of equipment and proper exercise and stretching technique.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Identify, administer, and interpret results of fitness assessments.	4.1 Identify fitness assessment methods for various fitness components. 4.2 Participate in fitness assessment procedures. 4.3 Evaluate fitness assessment results and make appropriate training recommendations.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate an understanding of major risk factors related to injury during exercise.	5.1 Identify contraindicated exercises and their safer alternatives. 5.2 Identify and demonstrate appropriate exercise and stretch modifications and progressions. 5.3 Demonstrate proper form and alignment while participating in exercises and stretches. 5.4 Identify recommendations for safe exercise practices among special populations (eg. older adults, pregnant women, asthma, post heart attack, post stroke, etc.)
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Describe the essential elements of good nutrition and healthy eating practices.	6.1 Identify the six major nutrients. 6.2 Identify the components of a healthy plate using Canada's Food Guide. 6.3 Examine healthy eating practices from Canada's Food Guide. 6.4 Identify healthy foods and classify into nutrient categories. 6.5 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 using the mental health continuum model. 7.2 Identify behaviours that promote and harm mental health. 7.3 Define terms related to stress and the stress response. 7.4 Describe the harmful effects of too much stress. 7.6 Identify and participate in healthy stress reduction



		strategies.								
	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 Define pseudoscience and provide examples from the health and wellness industry. 8.2 Analyze health and wellness products, practices, and trends and determine credibility. 8.3 Examine the role of the community in promoting wellness. 8.4 List considerations for effective community programming. 8.5 Compare the 24-Hour Movement Guidelines for children, youth, and older adults. 8.6 Define terms related to lifetime wellness (e.g. life expectancy, longevity, chronological age, physical age, etc.) 8.7 Analyze factors contributing to longevity.								
Evaluation Process and Grading System:	<table border="1"> <thead> <tr> <th>Evaluation Type</th> <th>Evaluation Weight</th> </tr> </thead> <tbody> <tr> <td>1. Labs</td> <td>40%</td> </tr> <tr> <td>2. Assignments</td> <td>20%</td> </tr> <tr> <td>3. Exams</td> <td>40%</td> </tr> </tbody> </table>		Evaluation Type	Evaluation Weight	1. Labs	40%	2. Assignments	20%	3. Exams	40%
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1. Labs	40%									
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Date:	August 13, 2025									
Addendum:	Please refer to the course outline addendum on the Learning Management System for further information.									