



COURSE OUTLINE: OPA101 - FITNESS AND WELLNESS

Prepared: Joanna MacDougall/Allan Kary

Approved: Bob Chapman, Chair, Health

Course Code: Title	OPA101: FITNESS & WELLNESS:PRINCIPLES & APPLICAT
Program Number: Name	3022: OCCUP/PHYSIO/ASSIST
Department:	OTA/PTA ASSISTANT
Semesters/Terms:	21W
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 and body fat management. 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:	45
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 4 Ensure personal safety and contribute to the safety of others within the role of the therapist assistant.
	VLO 7 Develop and implement strategies to maintain, improve, and promote professional competence within the role of the therapist assistant.
	VLO 8 Perform effectively within the roles and responsibilities of the therapist assistant through the application of relevant knowledge of health sciences, psychosociological sciences, and health conditions.
	VLO 9 Perform functions common to both physiotherapy and occupational therapy practices that contribute to the development, implementation and modification of intervention/treatment plans, under the supervision of and in collaboration with the occupational therapist and/or physiotherapist.
	VLO 10 Enable the client's occupational performance by contributing to the development, implementation, and modification of intervention/treatment plans, under the supervision of and in collaboration with the occupational therapist.
	VLO 11 Enable the client's optimal physical function by contributing to the development, implementation, and modification of intervention/treatment plans, under the

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2020-2021 academic year.



SAULT COLLEGE | 443 NORTHERN AVENUE | SAULT STE. MARIE, ON P6B 4J3, CANADA | 705-759-2554

supervision of and in collaboration with the physiotherapist.

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 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.

General Education Themes:

- Social and Cultural Understanding
- Personal Understanding
- Science and Technology

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:

See the Professor. by There are no materials needed for this course.

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 fitness dimension of wellness.	2.1 Describe the development of the fitness movement and explain how it impacts our leisure and work lives. 2.2 Differentiate between health-related and performance-related fitness. 2.3 Define each of the five components of health-related

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2020-2021 academic year.

	<p>fitness.</p> <p>2.4 Outline the minimum exercise requirements necessary to improve each component of fitness applying the FITT Formula of exercise prescription.</p> <p>2.5 Explain the importance of a warm-up and cool-down and describe the critical elements of both.</p> <p>2.6 Identify examples of aerobic activities which have the potential to increase cardiorespiratory endurance.</p> <p>2.7 Determine appropriate exercise intensities using the Karvonen formula and Rate of Perceived Exertion scale.</p> <p>2.8 Explain the following principles of training: progressive overload, rest and specificity.</p> <p>2.9 Identify the many health benefits of regular physical activity.</p> <p>2.10 Compare aerobic and anaerobic training.</p>
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate knowledge and skills related to the development of muscular strength, muscular endurance, flexibility and cardiovascular fitness.	<p>3.1 Describe the many ways that muscular strength and muscular endurance training 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 Describe and demonstrate the concentric and eccentric phases of dynamic muscular contractions.</p> <p>3.8 Identify common fallacies related to weight training and aerobic fitness training.</p> <p>3.10 Design and follow a weight training program to achieve improvement or maintenance of muscular strength and/or muscular endurance.</p> <p>3.11 Describe how flexibility training enhances wellness.</p> <p>3.12 Describe the factors which limit flexibility.</p> <p>3.13 Describe the effects of static (passive) and dynamic (ballistic) stretching techniques.</p> <p>3.14 Demonstrate safe and effective exercises which enhance flexibility for each area of the body.</p> <p>3.15 Instruct a peer in correct passive and PNF stretching techniques for major muscles of the body.</p> <p>3.16 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	<p>4.1 Describe fitness assessment methods for each of the five components of health-related fitness.</p> <p>4.2 Perform various fitness assessment procedures on a</p>

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2020-2021 academic year.

	the five components of health related fitness.	classmate. 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 and injury prevention and management.	5.1 Identify the safe exercise techniques and modifications. 5.2 Identify recommendations for safe exercise practices among special populations (eg. Elderly population, pregnant women, asthma, etc.). 5.3 Explain the management of exercise related injuries using R.I.C.E. 5.4 Describe recommendations to reduce risk of lower back injury during exercise.
	Course Outcome 6	Learning Objectives for Course Outcome 6
	6. Describe the essential elements of good nutrition and heart-smart eating.	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 Describe the dietary guidelines for North Americans. 6.5 Differentiate between complex and simple carbohydrates. 6.6 Describe the health benefits of soluble and insoluble fibre and list good sources of each. 6.7 List examples of saturated, monounsaturated and polyunsaturated fats and explain their relationship to coronary heart disease. 6.8 Identify foods high in cholesterol. 6.9 Identify the key concepts promoted in Canada's Food Guide for Healthy Eating. 6.10 Analyze meals for dietary fat and fibre content. 6.11 Examine one's own nutritional behaviour and outline strategies for improvement.
	Course Outcome 7	Learning Objectives for Course Outcome 7
	7. Demonstrate an understanding of factors that influence body composition.	7.1 Describe the relationship between body composition and wellness. 7.2 Explain the concept of weight and body size preoccupation and describe how this trend has a negatively impacts on individuals. 7.3 Explain how exercise influences body composition and contributes to body fat management. 7.4 Compare the effectiveness of exercise combined with healthy eating versus dieting alone, as weight/fat loss strategies. 7.5 Describe strategies which promote healthy weight gain for those who are underweight. 7.6 Identify activities which have the potential to improve body composition through fat reduction and/or muscle gain. 7.7 Identify several myths related to fat management.

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2020-2021 academic year.

	7.8 Evaluate the effectiveness of various fat-management techniques and differentiate between those which are health-enhancing and those which are health diminishing.
Course Outcome 8	Learning Objectives for Course Outcome 8
8. Identify and apply concepts related to stress and stress management to one's personal life.	8.1 Define the terms stress and stressor. 8.2 Describe the stress response (ie. General Adaptation Syndrome). 8.3 Explain how perception and control are related to the experience of stress. 8.4 Describe the harmful effects of too much stress. 8.5 Identify and explain stress modification techniques. 8.6 Experience and reflect on specific relaxation techniques as stress management strategies. 8.7 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 9	Learning Objectives for Course Outcome 9
9. Describe the important issues to consider when making the pursuit of wellness a lifetime endeavour.	9.1 Distinguish between a credible health product/discovery and one that is not credible. 9.2 Give examples of wellness programs that can be offered in the workplace. 9.3 Describe ways to foster wellness habits in children. 9.4 Describe several precautions to enhance personal safety. 9.5 Describe trends and future challenges which will affect personal wellness. 9.6 List physical environmental factors that may influence personal wellness 9.7 Identify aspects of health and wellness related to prevention strategies and making healthy choices.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
1. Assignments	30%
2. Exams	40%
3. Labs	30%

Date:

December 4, 2020

Addendum:

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

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2020-2021 academic year.



SAULT COLLEGE | 443 NORTHERN AVENUE | SAULT STE. MARIE, ON P6B 4J3, CANADA | 705-759-2554