



COURSE OUTLINE

FIT0156

Prepared: Lisa Maidra Approved: Bob Chapman

| Course Code: Title | FIT0156: FITNESS ASSESSMENTS I | | |
|--|---|-----------------|-------------------|
| Program Number: Name | 1120: COMMUNITY INTEGRATN | | |
| Department: | C.I.C.E. | | |
| Semester/Term: | 17F | | |
| Course Description: | This course will familiarize students with a variety of fitness assessments used to determine a persons cardiovascular capacity, muscular strength and endurance, body composition, and flexibility. Baseline testing such as blood pressure and heart rate readings will also be practiced. CSEP-PATH concepts will be introduced in this course to prepare students for the national CSEP-CPT examination. The student will be expected to demonstrate competence in the administration of learned assessments, as well as effective instruction, cuing and providing feedback to the client. | | |
| Total Credits: | 3 | | |
| Hours/Week: | 3 | | |
| Total Hours: | 45 | | |
| Essential Employability Skills (EES): | <ul style="list-style-type: none"> #1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience. #2. Respond to written, spoken, or visual messages in a manner that ensures effective communication. #3. Execute mathematical operations accurately. #4. Apply a systematic approach to solve problems. #5. Use a variety of thinking skills to anticipate and solve problems. #6. Locate, select, organize, and document information using appropriate technology and information systems. #7. Analyze, evaluate, and apply relevant information from a variety of sources. #8. Show respect for the diverse opinions, values, belief systems, and contributions of others. #9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals. #10. Manage the use of time and other resources to complete projects. #11. Take responsibility for ones own actions, decisions, and consequences. | | |
| Course Evaluation: | Passing Grade: 50%, | | |
| Evaluation Process and | <table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 50%;">Evaluation Type</th> <th style="width: 50%;">Evaluation Weight</th> </tr> </thead> </table> | Evaluation Type | Evaluation Weight |
| Evaluation Type | Evaluation Weight | | |



COURSE OUTLINE

FIT0156

Prepared: Lisa Maida Approved: Bob Chapman

Grading System:

| | |
|-----------------------|-----|
| Assignments | 25% |
| Practical Evaluations | 45% |
| Tests | 30% |

Course Outcomes and Learning Objectives:

Upon successful completion of this course, the CICE student, with the assistance of a Learning Specialist will acquire varying levels of skill development relevant to the following learning outcomes:

Course Outcome 1.

Assess levels of physical fitness to develop and evaluate safe and goal orientated strategies tailored to maximize the benefits of health, fitness and well-being.

Learning Objectives 1.

- Apply appropriate exercises and activities to assist the client in improving their scores on particular fitness assessments

Course Outcome 2.

Communicate procedures, concepts and terminology, related to the delivery of fitness assessments, to clients in non-technical terms.

Learning Objectives 2.

- Explain protocols of assessments learned in this course in detail to ensure safety and comfort of the client.
- Explain the reason for completing certain fitness assessments to clients
- Explain “submaximal VO2” in non-technical terms
- Explain “estimated 1RM” in non-technical terms

Course Outcome 3.

Interpret fitness assessment results and communicate findings to clients, in non-technical terms



COURSE OUTLINE

FIT0156

3

Prepared: Lisa Maida Approved: Bob Chapman

Learning Objectives 3.

- Explain what blood pressure and heart rate measures and its relationship to exercise and performance
- Explain subjective results from CSEP-PATH tools
- Explain how their body composition results relate to health and fitness
- Explain how their submaximal aerobic and anaerobic results relate to their cardiorespiratory health and performance
- Explain how their musculoskeletal results relate to health and performance

Course Outcome 4.

Identify clients who should seek medical clearance prior to performing a fitness appraisal or to becoming physically active.

Learning Objectives 4.

- Identify clients who may need to seek medical advice prior to an assessment or exercise session based on,
 - o PAR-Q +
 - o Informed Consent
 - o Preliminary Considerations
 - o Preliminary Observations
 - o Resting Heart Rate and Blood Pressure
 - o Contraindications

Course Outcome 5.

Utilize current theories to discuss weaknesses and strengths of various fitness assessments

Learning Objectives 5.

- Identify which protocols are appropriate for clients
- Identify which protocols are appropriate to improve various areas of performance



COURSE OUTLINE

FIT0156

4

Prepared: Lisa Maida Approved: Bob Chapman

Course Outcome 6.

Administer fitness assessments using a variety of laboratory instruments, techniques and procedures for baseline fitness evaluations

Learning Objectives 6.

- Utilize instruments such as, blood pressure cuff and stethoscope, HR monitor, skinfold calipers, weight scale, circumference tapes, goniometer, mCAFT steps, cycle ergometer, treadmill, flexometer, hand dynamometer, and stopwatch
- Administer baseline procedures including pulse and blood pressure readings, body mass, body fat percentage, girth measurements, muscular strength, endurance and flexibility, aerobic and anaerobic submaximal VO₂ tests, and estimated 1RM tests.

Course Outcome 7.

Administer and evaluate a participant's competency in performing the CSEP-PATH standardized protocols

Learning Objectives 7.

- Blood pressure and heart rate protocols
- Waist circumference, weight and height protocols
- 1 mile walk test
- mCAFT step test
- YMCA cycle ergometer test
- Ebbeling Single Stage Walking Treadmill Test
- Grip Strength
- Sit and Reach
- Push-ups
- Single-leg balance
- Back extension
- Vertical jump
- 1RM

Course Outcome 8.



COURSE OUTLINE

FIT0156

5

Prepared: Lisa Maidra Approved: Bob Chapman

Calculate various performance evaluations using standardized equations to determine a client's current fitness level

Learning Objectives 8.

- CSEP-PATH submaximal vo_2 (aerobic) equations
- CSEP-PATH submaximal musculoskeletal equations
- CSEP-PATH 1RM calculation
- Calculate scores from various tools in the CSEP-PATH text
 - o PASB-Q
 - o Fantastic Lifestyle
- Skinfold body fat % equations

CICE Modifications:

Preparation and Participation

1. A Learning Specialist will attend class with the student(s) to assist with inclusion in the class and to take notes.
2. Students will receive support in and outside of the classroom (i.e. tutoring, assistance with homework and assignments, preparation for exams, tests and quizzes.)
3. Study notes will be geared to test content and style which will match with modified learning outcomes.
4. Although the Learning Specialist may not attend all classes with the student(s), support will always be available. When the Learning Specialist does attend classes he/she will remain as inconspicuous as possible.

A. Further modifications may be required as needed as the semester progresses based on individual student(s) abilities and must be discussed with and agreed upon by the instructor.

B. Tests may be modified in the following ways:

1. Tests, which require essay answers, may be modified to short answers.
2. Short answer questions may be changed to multiple choice or the question may be simplified so the answer will reflect a basic understanding.
3. Tests, which use fill in the blank format, may be modified to include a few choices for each question, or a list of choices for all questions. This will allow the student to match or use visual clues.
4. Tests in the T/F or multiple choice format may be modified by rewording or clarifying statements into layman's or simplified terms. Multiple choice questions may have a reduced number of choices.



COURSE OUTLINE

FIT0156

Prepared: Lisa Maida Approved: Bob Chapman

C. Tests will be written in CICE office with assistance from a Learning Specialist.

The Learning Specialist may:

1. Read the test question to the student.
2. Paraphrase the test question without revealing any key words or definitions.
3. Transcribe the student's verbal answer.
4. Test length may be reduced and time allowed to complete test may be increased.

D. Assignments may be modified in the following ways:

1. Assignments may be modified by reducing the amount of information required while maintaining general concepts.
2. Some assignments may be eliminated depending on the number of assignments required in the particular course.

The Learning Specialist may:

1. Use a question/answer format instead of essay/research format
2. Propose a reduction in the number of references required for an assignment
3. Assist with groups to ensure that student comprehends his/her role within the group
4. Require an extension on due dates due to the fact that some students may require additional time to process information
5. Formally summarize articles and assigned readings to isolate main points for the student
6. Use questioning techniques and paraphrasing to assist in student comprehension of an assignment

E. Evaluation:

Is reflective of modified learning outcomes.

NOTE: Due to the possibility of documented medical issues, CICE students may require alternate methods of evaluation to be able to acquire and demonstrate the modified learning outcomes

Date:

Wednesday, September 6, 2017

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