



COURSE OUTLINE: FIT251 - EXERCIS PRESCRIPTION

Prepared: Lisa Folz

Approved: Bob Chapman, Chair, Health

Course Code: Title	FIT251: EXERCISE PRESCRIPTION
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semesters/Terms:	21W
Course Description:	This course provides the student with the practical knowledge required to design individual training and lifestyle programs tailored to the clients needs, and wants. Students will apply theory learned in previous courses to appropriately design and implement training programs for two clients on campus. Students will also be assigned a mentor to assist with program development.
Total Credits:	4
Hours/Week:	4
Total Hours:	60
Prerequisites:	FIT153
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	FIT255
Vocational Learning Outcomes (VLO's) addressed in this course:	3040 - FITNESS AND HEALTH
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.
	VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.
	VLO 3 Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.
	VLO 4 Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.
	VLO 5 Develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.
	VLO 6 Train individuals and instruct groups in exercise and physical activities.
	VLO 8 Assist in the development of business plans for health and fitness programs, activities and facilities.
	VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.
	VLO 10 Develop and implement risk management strategies for health and fitness programs, activities and facilities.

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.



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	VLO 11 Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.
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 4 Apply a systematic approach to solve problems.
	EES 5 Use a variety of thinking skills to anticipate and solve problems.
	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.

Course Evaluation:	<p>Passing Grade: 50%,</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>
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Course Outcomes and Learning Objectives:	Course Outcome 1	Learning Objectives for Course Outcome 1
	1. Prescribe, design, implement, and evaluate individual training and lifestyle programs.	1.1 Apply knowledge of a broad range of physical activity options 1.2 Prescribe safe and healthy activities, exercises, and programs 1.3 Select exercises and appropriate equipment for individual clients 1.4 Apply training principles 1.5 Identify assessment and prescription limitations of the fitness professional 1.6 Apply motivational techniques 1.7 Plan and schedule activities, and programs by developing and applying appropriate principles, purposes, goals, objectives, and time lines 1.8 Demonstrate the correct selection of equipment and execution of various types of activities/exercises
	Course Outcome 2	Learning Objectives for Course Outcome 2
	2. Assess client needs	2.1 Select tools, design strategies, and create action plans by applying the guiding principles of behavior change 2.2 Determine the needs, wants, abilities, and limitations of the client for goal setting 2.3 Apply knowledge of assessment to determine the needs of

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		the client 2.4 Match activities and programs to the needs and strengths of individuals or groups
	Course Outcome 3	Learning Objectives for Course Outcome 3
	3. Monitor client progress	3.1 Monitor clients response to training and modify training to suit client needs 3.2 Monitor exercise and activity programs and adapt and modify, when necessary, to meet the needs of the client 3.3 Observe client performance and give appropriate and timely feedback to the client 3.4 Monitor intensity and progression of activity/exercise programs 3.5 Present information in a clear and understandable manner utilizing a variety of instructional techniques to fully involve client 3.6 Provide appropriate supervision and spotting techniques where needed 3.7 Ensure clients are instructed in the usage of all equipment
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Demonstrate appropriate level of leadership and professionalism in the selection, training, and guiding of volunteers	4.1 Appropriately responding to the concerns, needs, and issues of individuals

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Mentoring	20%
Personal Training Portfolio	50%
Practical Exam	30%

Date: September 2, 2020

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

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