

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY  
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: Fitness Leadership  
CODE NO, REC 104-3  
PROGRAM: General Arts & Science  
SEMESTER: WINTER  
DATE: January- 1991  
AUTHOR: Anna Morrison

New: X Revised;

Approved: Dean

Date

**FITNESS RECREATION**  
**Course Name**

**REC 104-3**  
**Course Number**

**COURSE DESCRIPTION**

The emphasis in the program will be developing the students fitness leadership skills. The program will follow Fitness Ontario Leadership Program (FOLP) guidelines and will cover basics about group classes, anatomy, physiology, leadership and program planning. Students will practice leading fitness classes in this program and they will be eligible to write Ministry Certification Examinations upon successful completion of this course.

**COURSE OBJECTIVES**

After completing this course, students will be able to:

1. Demonstrate three of the following communication skills when leading a fitness class:
  - a. permission giving behaviour
  - b. non-verbal queing techniques
  - c. voice projection
  - d. simple ques
  - e. protection giving behaviour.
2. Demonstrate knowledge , of components of a fitness class by designing and delivering an hour group workout.
3. Demonstrate an understanding of anatomy and physiology related to fitness.
4. Demonstrate their knowledge of safety by providing alternative exercises for various special populations in a regular fitness class.

**FORMAT**

Two. hours lecture

One hour gym

**FITNESS LEADERSHIP**  
**Course Name**

**REC 104-3**  
**Course Number**

**CONTENTS**

**LECTURE**

Holism and Leadership  
Components of Physical Fitness  
Putting a Class Together  
Use of Music  
Anatomy  
Muscle Mechanics  
Basic About Leadership  
Safety  
The Adult Learning  
Physiology - Cardiovascular System  
                  - Energy Production  
Communication and Feedback  
Classes into Programs  
Developmental Design  
Exam

**GYM**

Demo - Aerobics  
Demo - No Bounce  
Demo - Intr. Aerobics  
Practice Choreography  
Practice Choreography  
Practice Floor Work  
  
Big Task  
Big Task  
Physiology Experiment  
Creativity  
Student Lead Classes 1/2  
hour each: 1.  
                  2.  
                  3.  
                  4.

**EVALUATION**

Assignments	20%
1/2 hour demo	40%
Mid-term	15%
Final	25%

**LEARNING RESOURCES**

The Basics: Fitness Ontario Leadership Program available at the Book Store for \$18.95 each.