



COURSE OUTLINE

FIT101

Prepared: Lisa Mandra Approved: Bob Chapman

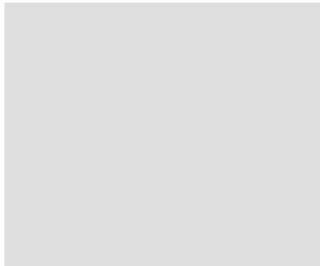
Course Code: Title	FIT101: INTERPERSONAL COMMUNICAT HELPING SKILLS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	17F
Course Description:	In this course students will learn the interpersonal communication skills necessary to become effective communicators in the fitness and health promotion fields. Students will develop the skills required to be effective when helping individuals to make healthy lifestyle changes. Students will also develop motivational techniques to increase client adherence. Effective interviewing will also be practised and applied to appropriate workplace scenarios. The helping relationship and qualities that enhance this relationship will be discussed and practised.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
Substitutes:	OPA218
This course is a pre-requisite for:	FIT153
Vocational Learning Outcomes (VLO's): Please refer to program web page for a complete listing of program outcomes where applicable.	<p>#1. Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.</p> <p>#2. Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.</p> <p>#3. Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.</p> <p>#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.</p> <p>#9. Implement strategies and plans for ongoing personal and professional growth and development.</p> <p>#11. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.</p>
Essential Employability Skills (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.



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- #2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- #4. Apply a systematic approach to solve problems.
- #5. Use a variety of thinking skills to anticipate and solve problems.
- #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 Grading System:

Evaluation Type	Evaluation Weight
Assignments	40%
In Class Activities	15%
Professionalism Component	30%
Quizzes	15%

Books and Required Resources:

CSEP-PATH by Canadian Society for Exercise Physiology
 Publisher: Canadian Society for Exercise Physiology
 ISBN: 978-1-896900-32-2

Course Outcomes and Learning Objectives:

Course Outcome 1.

Describe factors that influence communication and practice communication techniques to possible client situations.

Learning Objectives 1.

- Define the principles of communication
- Explain the relationship of attitudes, beliefs and values with effective communication
- Define and explain self-concept and self esteem
- Define personality and identify the major personality factors and traits
- Define learning styles and explain the importance to interpersonal communication



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- Identify strategies to deal with different personalities and utilize relevant communication styles appropriate to different personalities and various age groups.
- Describe perception and the perception process
- Explain factors that influence perception
- List and explain listening styles and barriers
- Define and explain verbal and non-verbal communication and discuss strategies to improve verbal and non-verbal communication

Course Outcome 2.

Describe and demonstrate effective interviewing skills.

Learning Objectives 2.

- Establish rapport and a supportive environment
- Describe elements of a skilled interview process
- Conduct an initial interview
- Critique assigned interviews and reflect on skill improvement
- Demonstrate ability to communicate openness and attentiveness in a verbal and non-verbal manner
- Discuss strategies to improve listening and responding skills

Course Outcome 3.

Discuss effective interpersonal communication skills as they relate to roles in the fitness industry.

Learning Objectives 3.

- Explain the process of CSEP-PATH counseling
- List and explain the styles of counseling and limitations in the fitness industry
- Discuss motivational techniques to improve client adherence to a healthy lifestyle
- Determine the needs, wants, abilities, and limitations of the client for goal setting.
- Discuss the advantages and disadvantages of working in teams

Course Outcome 4.



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Demonstrate critical thinking skills through case study and real life evaluation.

Learning Objectives 4.

- Participate and reflect on group problem-solving activity
- Reflect on and integrate information presented in class with experiences in the community

Course Outcome 5.

Identify and demonstrate qualities of the helping profession that positively influence relationships.

Learning Objectives 5.

- Explain the terms empathy, sympathy
- Define culture and diversity and identify factors that enhance effective communication with varied populations
- Contrast the attitudes and actions of nurturing and toxic people
- Explain coaching skills and techniques for helping difficult people

Course Outcome 6.

Integrate the philosophy of wellness/active living through its appropriate application to clients.

Learning Objectives 6.

- Define the stages of change for physical activity and apply the content to various client' lifestyles.
- Identify and define key leadership and presentation skills that enhance the effectiveness of wellness/active living messaging

Course Outcome 7.

Establish reasonable and realistic personal and professional goals to enhance work



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performance.

Learning Objectives 7.

- Apply effective time management skills and personal organization abilities to all aspects of work
- Utilizes strategies for effectively adapting to stress and a variety of stressors
- Present one's self using a portfolio to identify personal skills, knowledge, and experience.
- Meet requirements for maintaining and improving professional goals
- Access and use appropriate resources and self-care strategies to enhance personal growth

Date:

Wednesday, August 30, 2017

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