



## COURSE OUTLINE: FIT204 - LEADERSHIP III

Prepared: Lisa Folz

Approved: Bob Chapman, Chair, Health

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| <b>Course Code: Title</b>  | FIT204: HEALTHY ACTIVE LIVING-SPEC POPULATIONS   |
| <b>Program Number: Name</b>  | 3040: FITNESS AND HEALTH   |
| <b>Department:</b>   | FITNESS & HEALTH PROMOTION   |
| <b>Semesters/Terms:</b>  | 20F  |
| <b>Course Description:</b>   | This course will provide students with the ability to identify special populations and modify variables to facilitate those with distinctive needs, cultural diversity and medical conditions to experience healthy active living. Students will apply knowledge gained through study and practical experience to design, lead, evaluate and participate in a variety of activity sessions for diverse populations within the college setting and community.   |
| <b>Total Credits:</b>  | 5  |
| <b>Hours/Week:</b>   | 5  |
| <b>Total Hours:</b>  | 75   |
| <b>Prerequisites:</b>  | FIT153   |
| <b>Corequisites:</b>   | There are no co-requisites for this course.  |
| <b>This course is a pre-requisite for:</b>   | FIT254, FIT255   |
| <b>Vocational Learning Outcomes (VLO's) addressed in this course:</b><br><br>Please refer to program web page for a complete listing of program outcomes where applicable. | <b>3040 - FITNESS AND HEALTH</b><br><br>VLO 1 Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.<br>VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.<br>VLO 3 Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.<br>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.<br>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.<br>VLO 6 Train individuals and instruct groups in exercise and physical activities.<br>VLO 7 Contribute to community health promotion strategies.<br>VLO 8 Assist in the development of business plans for health and fitness programs, activities and facilities.<br>VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.<br>VLO 10 Develop and implement risk management strategies for health and fitness programs, |

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|   | activities and facilities.  |                  |  |   |  |                  |  |  |   |
|---|---|------------------|--|---|--|------------------|--|--|---|
|   | VLO 11 Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.  |                  |  |   |  |                  |  |  |   |
| <b>Essential Employability Skills (EES) addressed in this course:</b>   | <p>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.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>   |                  |  |   |  |                  |  |  |   |
| <b>Course Evaluation:</b>   | <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>   |                  |  |   |  |                  |  |  |   |
| <b>Other Course Evaluation &amp; Assessment Requirements:</b>   | S/U for Placement Component (14 hours)  |                  |  |   |  |                  |  |  |   |
| <b>Books and Required Resources:</b>  | Texts from previous semester will be used   |                  |  |   |  |                  |  |  |   |
| <b>Course Outcomes and Learning Objectives:</b>   | <table border="1"> <tr> <th>Course Outcome 1</th><th>Learning Objectives for Course Outcome 1</th></tr> <tr> <td>1. Identify and explain special needs circumstances that would require exercise program adaptation and other lifestyle modifications.</td><td>           1.1 Define and explain program needs and adaptations for senior populations.<br/>           1.2 Define and explain program needs and adaptations for pre/postnatal women.<br/>           1.3 Define and explain program needs and adaptations for those with diverse physical limitations.<br/>           1.4 Define and explain program needs and adaptations for visual and Auditory disabilities.<br/>           1.5 Define and explain program needs and adaptations for those with respiratory, cardiovascular, neurological and metabolic disease.         </td></tr> <tr> <th>Course Outcome 2</th><th>Learning Objectives for Course Outcome 2</th></tr> <tr> <td>2. Explain and demonstrate effective communication and leadership styles as they relate to individuals with special needs.</td><td>2.1 Explain and compare communication and leadership needs of those living with special conditions.</td></tr> </table> | Course Outcome 1 | Learning Objectives for Course Outcome 1 | 1. Identify and explain special needs circumstances that would require exercise program adaptation and other lifestyle modifications. | 1.1 Define and explain program needs and adaptations for senior populations.<br>1.2 Define and explain program needs and adaptations for pre/postnatal women.<br>1.3 Define and explain program needs and adaptations for those with diverse physical limitations.<br>1.4 Define and explain program needs and adaptations for visual and Auditory disabilities.<br>1.5 Define and explain program needs and adaptations for those with respiratory, cardiovascular, neurological and metabolic disease. | Course Outcome 2 | Learning Objectives for Course Outcome 2 | 2. Explain and demonstrate effective communication and leadership styles as they relate to individuals with special needs. | 2.1 Explain and compare communication and leadership needs of those living with special conditions. |
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| Course Outcome 2  | Learning Objectives for Course Outcome 2  |                  |  |   |  |                  |  |  |   |
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|  | <b>Course Outcome 3</b>   | <b>Learning Objectives for Course Outcome 3</b>  |
|  | 3. Explain barriers to physical activity and motivational techniques for various populations  | 3.1 Explain physiological factors that contribute to limiting physical performance for special population sectors.<br>3.2 Explain psychological factors that contribute to limiting physical performance for special population sectors.<br>3.3 Explain economic and cultural factors that contribute to limiting physical performance for special population sectors.<br>3.4 Analyze motivational techniques that contribute to enhancing physical performance for special population sectors.  |
|  | <b>Course Outcome 4</b>   | <b>Learning Objectives for Course Outcome 4</b>  |
|  | 4. Identify and discuss programs and leadership opportunities that are designed for individuals with special needs within communities.                        | 4.1 Research and describe and participate in programs designed for special needs populations.<br>4.2 Research best practices for addressing the needs of special populations.  |
|  | <b>Course Outcome 5</b>   | <b>Learning Objectives for Course Outcome 5</b>  |
|  | 5. Define and explain standards, regulations and precautions that are necessary to provide safe specialized physical activity programs.                       | 5.1 Determine eligibility of individuals with special precautions that fall within the certified personal trainer's scope of practice.<br>5.2 Identify safe and effective testing protocols as they apply to special populations.<br>5.3 Describe limitations as a fitness provider with respect to dealing with individuals with special needs.<br>5.4 Research and analyze precautions related to programming for individuals and groups with special needs.   |
|  | <b>Course Outcome 6</b>   | <b>Learning Objectives for Course Outcome 6</b>  |
|  | 6. Demonstrate ability to design and modify activities and programs to the abilities and strengths of a variety of individuals and groups with special needs. | 6.1 Design an activity and/or program for an individual or group with special needs.   |
|  | <b>Course Outcome 7</b>   | <b>Learning Objectives for Course Outcome 7</b>  |
|  | 7. Identify, contribute to and evaluate various community physical activity programs for special populations.   | 7.1 Participate in a practical community learning experience.<br>7.2 Reflect on practical experience and relate to personal professional goals.<br>7.3 Establish reasonable and realistic personal and professional goals to enhance work performance<br>7.4 Apply effective time management and organizational skills<br>7.5 Utilize strategies to effectively adapt to stress<br>7.4 Meet requirements for maintaining and improving professional goals<br>7.5 Access and use appropriate resources and self-care strategies to enhance personal growth<br>7.6 Present oneself using a portfolio to identify personal skills, knowledge, and experience. |

#### Evaluation Process and

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| <b>Grading System:</b> | <b>Evaluation Type</b>   | <b>Evaluation Weight</b> |
|                        | Assignments  | 60%                      |
|                        | Exams  | 40%                      |
| <b>Date:</b>           | September 2, 2020  |                          |
| <b>Addendum:</b>       | Please refer to the course outline addendum on the Learning Management System for further information. |                          |

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