

I. COURSE DESCRIPTION:

Students will learn to critically examine the latest research and trends in the rapidly-changing fitness and health promotion industry. Through discussion and independent study the students will learn to assess evidence based information and industry fads. Group and individual presentation of findings will assist students in developing their practical health promotion skills.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Demonstrate an understanding of types of research, the research process and its use in the field of fitness and health.

Potential Elements of the Performance:

- Describe Analytical Research
- Describe Descriptive Research
- Describe Experimental Research
- Describe Qualitative Research
- Describe parts of the thesis; introduction, method, results, discussion and conclusion

2. Demonstrate the skills necessary to complete research in the field of fitness and health.

Potential Elements of the Performance:

- Identify and utilize professional publications
- Demonstrate the computer literacy skills necessary to complete research
- Demonstrate a basic understanding of appropriate referencing

3. Demonstrate an ability to critically analyze and interpret valid research articles and popular trends.

Potential Elements of Performance:

- Define and describe the difference between trends and fads
 - Ability to identify current trends
 - Demonstrate the ability to search for credible, peer-reviewed literature
 - Demonstrate the ability to identify unbiased research
 - Demonstrate the ability to summarize research into their own words
 - Demonstrate an understanding of sample size, sources, duration, and validity of articles
4. Discuss and apply critical thinking of research articles and trends to the field of fitness and health.

Potential Elements of Performance:

- Demonstrate the ability to discuss the difference between conflicting articles
5. Develop sound interpretation of research articles and trends utilizing an annotated bibliography

Potential Elements of Performance:

- Describe the purpose and content of an annotated bibliography
- Demonstrate a basic understanding of the ability to engage in professional report writing and proper use of APA style of writing
- Demonstrate the ability to summarize research
- Demonstrate appropriate literacy and acknowledge the difference between jargon and preferred words

III. TOPICS:

1. Introduction to Research and Trends in Physical Activity
2. Reading and Interpreting Physical Activity Research and Trends
3. Types of Research
4. Parts of a Thesis
5. Consulting Secondary Sources
6. Annotated Bibliographies
7. Research Literacy
8. Referencing

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Readings as Required

V. EVALUATION PROCESS/GRADING SYSTEM:

8 quizzes – 40%

In class presentations –20%

Final Assignment – 30%

In class discussions – 10%

Total: 100%

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.