



## COURSE OUTLINE: FIT108 - PERSONAL WELLNESS

Prepared: Heather Pusch

Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT108: PERSONAL WELLNESS AND LIFESTYLE CHANGE
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semesters/Terms:</b>	22W
<b>Course Description:</b>	This course will introduce and provide practical application of the concepts of wellness, fitness and lifestyle management. Emphasis will be placed on taking control of individual health and lifestyle habits so that the student can understand the choices and effort necessary to take responsibility for health and well being. Through examination of personal lifestyle and health behaviours the students will gain the understanding necessary to apply these health promoting skills to others.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	OPA101
<b>This course is a pre-requisite for:</b>	FIT153, FIT154, FIT156
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>  Please refer to program web page for a complete listing of program outcomes where applicable.	<b>3040 - FITNESS AND HEALTH</b>  VLO 2 Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients.  VLO 6 Support community health promotion strategies for active healthy living in the general population.  VLO 9 Develop plans and implement strategies for ongoing professional growth and development.  VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats.
<b>Essential Employability Skills (EES) addressed in this course:</b>	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 7 Analyze, evaluate, and apply relevant information from a variety of sources.

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 2021-2022 academic year.



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	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:

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

#### Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Describe the benefits and significance of participating in a lifetime fitness and wellness program.	1.1 Identify leading Canadian health issues related to lifestyle. 1.2 Define physical fitness and health-related and skill-related components. 1.3 Explain the difference between physical fitness and wellness. 1.4 Define wellness and list the dimensions. 1.5 Identify Canadian 24-Hour Movement Guidelines 1.6 Identify factors that may interfere with participation in physical fitness activities. 1.7 List factors to consider when selecting fitness and recreations programs. 1.8 Participate in a variety of physical activity options that maximize the benefits of health and wellness
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Identify and analyze lifestyle factors that contribute to overall health and wellness.	2.1 Describe how to use Canada`s Food guide to achieve healthy eating behaviour 2.2 Identify healthy sleep habits 2.3 Define mental health and identify healthy coping strategies 2.4 Define sedentary behaviour and identify strategies to reduce sedentary behaviour 2.5 Define body composition and identify risk factors associated with various composition types 2.6 Define stress and identify healthy coping strategies
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate knowledge and skills related to the development of cardiorespiratory endurance.	3.1 Identify and participate in cardiorespiratory endurance activities. 3.2 Participate in cardiorespiratory fitness assessments and determine appropriate intensity 3.3.Explain the FITT principle 3.4 Identify and develop personal adherence strategies for cardiorespiratory fitness
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Demonstrate knowledge and skills related to the development of muscular	4.1 Identify factors that affect muscular strength, muscular endurance, flexibility and balance. 4.2 Explain health benefits muscular strength, muscular

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	strength, muscular endurance, flexibility and balance.	endurance, flexibility and balance. 4.3 Identify and participate in personal muscular conditioning, stretching and balance activities. 4.4 Participate in muscular strength, muscular endurance, flexibility and balance assessments. 4.5 Interpret assessment results according to health fitness and physical fitness standards. 4.6 Identify safe exercises and stretches.						
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>						
	5. Develop personal plan for physical health and wellness.	5.1 Assess current personal health status. 5.2 Participate in initiatives that emphasize promotion of active living and healthy lifestyle practices as aspects of total wellness. 5.3 Demonstrate ability to select tools, design strategies, and create an action plan for personal wellness. 5.4 Apply knowledge of a broad range of physical activity options 5.5 Develop personal wellness goals based on self assessments and goals. 5.6 Identify strategies that support change. 5.7 Monitor wellness programs and adapt and modify, when necessary, to meet personal needs. 5.8 Consider issues related to lifestyle (e.g., diet, health-risk behaviours, stressors) into any plans for change.						
<b>Evaluation Process and Grading System:</b>	<table><tr><th>Evaluation Type</th><th>Evaluation Weight</th></tr><tr><td>1. Assignments</td><td>60%</td></tr><tr><td>2. Exams</td><td>40%</td></tr></table>		Evaluation Type	Evaluation Weight	1. Assignments	60%	2. Exams	40%
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1. Assignments	60%							
2. Exams	40%							
<b>Date:</b>	December 8, 2021							
<b>Addendum:</b>	Please refer to the course outline addendum on the Learning Management System for further information.							

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