



COURSE OUTLINE: FIT0156 - FITNESS ASSESSMENT 1

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Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

Course Code: Title	FIT0156: FITNESS ASSESSMENTS I
Program Number: Name	1120: COMMUNITY INTEGRATN
Department:	C.I.C.E.
Semesters/Terms:	21W
Course Description:	This course will familiarize students in the CICE Program, with the assistance of a Learning Specialist, with a variety of fitness assessments used to determine a persons cardiovascular capacity, muscular strength and endurance, body composition, and flexibility. Baseline testing such as blood pressure and heart rate readings will also be practiced. CSEP-PATH concepts will be introduced in this course to prepare students for the national CSEP-CPT examination. The student will be expected to demonstrate competence in the administration of learned assessments, as well as effective instruction, cuing and providing feedback to the client.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
Prerequisites:	FIT0107, FIT0108
Corequisites:	There are no co-requisites for this course.
Essential Employability Skills (EES) addressed in this course:	<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 3 Execute mathematical operations accurately.</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 6 Locate, select, organize, and document information using appropriate technology and information systems.</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>
Course Evaluation:	Passing Grade: 50%, A minimum program GPA of 2.0 or higher where program specific standards exist is required

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 2020-2021 academic year.



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for graduation.

Course Outcomes and Learning Objectives:

Upon successful completion of this course, the CICE student, with the assistance of a Learning Specialist will acquire varying levels of skill development relevant to the following learning outcomes:

Course Outcome 1	Learning Objectives for Course Outcome 1
Assess levels of physical fitness to develop and evaluate safe and goal orientated strategies tailored to maximize the benefits of health, fitness and well-being	- Apply appropriate exercises and activities to assist the client in improving their scores on particular fitness assessments
Course Outcome 2	Learning Objectives for Course Outcome 2
Communicate procedures, concepts and terminology, related to the delivery of fitness assessments, to clients in non-technical terms	- Explain protocols of assessments learned in this course in detail to ensure safety and comfort of the client - Explain the reason for completing certain fitness assessments to clients - Explain submaximal VO ₂ in non-technical terms - Explain estimated 1RM in non-technical terms
Course Outcome 3	Learning Objectives for Course Outcome 3
Interpret fitness assessment results and communicate findings to clients, in non-technical terms	- Explain what blood pressure and heart rate measures and its relationship to exercise and performance - Explain subjective results from CSEP-PATH tools - Explain how their body composition results relate to health and fitness - Explain how their submaximal aerobic and anaerobic results relate to their cardiorespiratory health and performance - Explain how their musculoskeletal results relate to health and performance
Course Outcome 4	Learning Objectives for Course Outcome 4
Identify clients who should seek medical clearance prior to performing a fitness appraisal or to becoming physically active	- Identify clients who may need to seek medical advice prior to an assessment or exercise session based on: o PAR-Q + o Informed Consent o Preliminary Considerations o Preliminary Observations o Resting Heart Rate and Blood Pressure o Contraindications
Course Outcome 5	Learning Objectives for Course Outcome 5
Utilize current theories to discuss weaknesses and strengths of various fitness assessments	- Identify which protocols are appropriate for clients - Identify which protocols are appropriate to improve various areas of performance
Course Outcome 6	Learning Objectives for Course Outcome 6
Administer fitness assessments using a variety	- Utilize instruments such as, blood pressure cuff and stethoscope, HR monitor, skinfold calipers, weight scale,

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	of laboratory instruments, techniques and procedures for baseline fitness evaluations	circumference tapes, goniometer, mCAFT steps, cycle ergometer, treadmill, flexometer, hand dynamometer, and stopwatch - Administer baseline procedures including pulse and blood pressure readings, body mass, body fat percentage, girth measurements, muscular strength, endurance and flexibility, aerobic and anaerobic submaximal VO ₂ tests, and estimated 1RM tests.
	Course Outcome 7	Learning Objectives for Course Outcome 7
	Administer and evaluate a participant's competency in performing the CSEP-PATH standardized protocols	- Blood pressure and heart rate protocols - Waist circumference, weight and height protocols - 1 mile walk test - mCAFT step test - YMCA cycle ergometer test - Ebbing Single Stage Walking Treadmill Test - Grip Strength - Sit and Reach - Push-ups - Single-leg balance - Back extension - Vertical jump - 1RM
	Course Outcome 8	Learning Objectives for Course Outcome 8
	Calculate various performance evaluations using standardized equations to determine a client's current fitness level	- CSEP-PATH submaximal vo ₂ (aerobic) equations - CSEP-PATH submaximal musculoskeletal equations - CSEP-PATH 1RM calculation - Calculate scores from various tools in the CSEP-PATH text: o PASB-Q o Fantastic Lifestyle - Skinfold body fat % equations

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	25%
Practical Evaluations	45%
Tests	30%

CICE Modifications:

Preparation and Participation

1. A Learning Specialist will attend class with the student(s) to assist with inclusion in the class and to take notes.
2. Students will receive support in and outside of the classroom (i.e. tutoring, assistance with homework and assignments, preparation for exams, tests and quizzes.)
3. Study notes will be geared to test content and style which will match with modified learning outcomes.
4. Although the Learning Specialist may not attend all classes with the student(s), support will always be available. When the Learning Specialist does attend classes he/she will remain as inconspicuous as possible.

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A. Further modifications may be required as needed as the semester progresses based on individual student(s) abilities and must be discussed with and agreed upon by the instructor.

B. Tests may be modified in the following ways:

1. Tests, which require essay answers, may be modified to short answers.
2. Short answer questions may be changed to multiple choice or the question may be simplified so the answer will reflect a basic understanding.
3. Tests, which use fill in the blank format, may be modified to include a few choices for each question, or a list of choices for all questions. This will allow the student to match or use visual clues.
4. Tests in the T/F or multiple choice format may be modified by rewording or clarifying statements into layman's or simplified terms. Multiple choice questions may have a reduced number of choices.

C. Tests will be written in CICE office with assistance from a Learning Specialist.

The Learning Specialist may:

1. Read the test question to the student.
2. Paraphrase the test question without revealing any key words or definitions.
3. Transcribe the student's verbal answer.
4. Test length may be reduced and time allowed to complete test may be increased.

D. Assignments may be modified in the following ways:

1. Assignments may be modified by reducing the amount of information required while maintaining general concepts.
2. Some assignments may be eliminated depending on the number of assignments required in the particular course.

The Learning Specialist may:

1. Use a question/answer format instead of essay/research format
2. Propose a reduction in the number of references required for an assignment
3. Assist with groups to ensure that student comprehends his/her role within the group
4. Require an extension on due dates due to the fact that some students may require additional time to process information
5. Formally summarize articles and assigned readings to isolate main points for the student
6. Use questioning techniques and paraphrasing to assist in student comprehension of an assignment

E. Evaluation:

Is reflective of modified learning outcomes.

NOTE: Due to the possibility of documented medical issues, CICE students may require alternate methods of evaluation to be able to acquire and demonstrate the modified learning outcomes

Date: January 14, 2021

Addendum: Please refer to the course outline addendum on the Learning Management System for further

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