



COURSE OUTLINE

FIT156

Prepared: Lisa Maidra Approved: Bob Chapman

Course Code: Title	FIT156: FITNESS ASESMENTS I
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	18W
Course Description:	This course will familiarize students 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:	FIT107, FIT108, OPA104, PNG111
This course is a pre-requisite for:	FIT203, FIT207
Vocational Learning Outcomes (VLO's):	<p>3040 - FITNESS AND HEALTH</p> <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>#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.</p> <p>#6. Train individuals and instruct groups in exercise and physical activities.</p> <p>#9. Implement strategies and plans for ongoing personal and professional growth and</p>
Please refer to program web page for a complete listing of program outcomes where applicable.	

development.
#10. Develop and implement risk management strategies for health and fitness programs, activities and facilities.
#11. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.

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.
#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
#3. Execute mathematical operations accurately.
#4. Apply a systematic approach to solve problems.
#5. Use a variety of thinking skills to anticipate and solve problems.
#6. Locate, select, organize, and document information using appropriate technology and information systems.
#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	25%
Practical Evaluations	45%
Tests	30%

Course Outcomes and Learning Objectives:

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.

Learning Objectives 1.

- Apply appropriate exercises and activities to assist the client in improving their scores on particular fitness assessments

Course Outcome 2.

Communicate procedures, concepts and terminology, related to the delivery of fitness assessments, to clients in non-technical terms.

Learning Objectives 2.

- 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 VO₂" in non-technical terms
- Explain "estimated 1RM" in non-technical terms

Course Outcome 3.

Interpret fitness assessment results and communicate findings to clients, in non-technical terms

Learning Objectives 3.

- 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.

Identify clients who should seek medical clearance prior to performing a fitness appraisal or to becoming physically active.

Learning Objectives 4.

- 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.

Utilize current theories to discuss weaknesses and strengths of various fitness assessments

Learning Objectives 5.

- Identify which protocols are appropriate for clients
- Identify which protocols are appropriate to improve various areas of performance

Course Outcome 6.

Administer fitness assessments using a variety of laboratory instruments, techniques and procedures for baseline fitness evaluations

Learning Objectives 6.

- Utilize instruments such as, blood pressure cuff and stethoscope, HR monitor, skinfold calipers, weight scale, 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 VO₂ tests, and estimated 1RM tests.

Course Outcome 7.

Administer and evaluate a participant's competency in performing the CSEP-PATH standardized protocols

Learning Objectives 7.

- Blood pressure and heart rate protocols
- Waist circumference, weight and height protocols
- 1 mile walk test
- mCAFT step test
- YMCA cycle ergometer test
- Ebbeling Single Stage Walking Treadmill Test
- Grip Strength
- Sit and Reach
- Push-ups
- Single-leg balance
- Back extension
- Vertical jump
- 1RM

Course Outcome 8.

Calculate various performance evaluations using standardized equations to determine a client's current fitness level

Learning Objectives 8.

- CSEP-PATH submaximal vo₂ (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

Date:

Thursday, January 25, 2018

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