



COURSE OUTLINE

FIT251

Prepared: Lisa Maida Approved: Bob Chapman

Course Code: Title	FIT251: EXERCISE PRESCRIPTION
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	18W
Course Description:	This course provides the student with the practical knowledge required to design individual training and lifestyle programs tailored to the clients needs, and wants. Students will apply theory learned in previous courses to appropriately design and implement training programs for two clients on campus. Students will also be assigned a mentor to assist with program development.
Total Credits:	4
Hours/Week:	4
Total Hours:	60
Prerequisites:	FIT153
This course is a pre-requisite for:	FIT255
Vocational Learning Outcomes (VLO's): Please refer to program web page for a complete listing of program outcomes where applicable.	3040 - FITNESS AND HEALTH #1. Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results. #2. Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients. #3. Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients. #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. #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. #6. Train individuals and instruct groups in exercise and physical activities. #8. Assist in the development of business plans for health and fitness programs, activities and facilities. #9. Implement strategies and plans for ongoing personal and professional growth and

	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:	<table border="1"> <thead> <tr> <th>Evaluation Type</th><th>Evaluation Weight</th></tr> </thead> <tbody> <tr> <td>Mentoring</td><td>20%</td></tr> <tr> <td>Personal Training Portfolio</td><td>60%</td></tr> <tr> <td>Practical Exam</td><td>20%</td></tr> </tbody> </table>	Evaluation Type	Evaluation Weight	Mentoring	20%	Personal Training Portfolio	60%	Practical Exam	20%
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Course Outcomes and Learning Objectives:	Course Outcome 1. Prescribe, design, implement, and evaluate individual training and lifestyle programs. Learning Objectives 1. - Apply knowledge of a broad range of physical activity options - Prescribe safe and healthy activities, exercises, and programs - Select exercises and appropriate equipment for individual clients - Apply training principles - Identify assessment and prescription limitations of the fitness professional - Apply motivational techniques - Plan and schedule activities, and programs by developing and applying appropriate principles, purposes, goals, objectives, and time lines - Demonstrate the correct selection of equipment and execution of various types of activities/exercises Course Outcome 2. Assess client needs Learning Objectives 2.								

- Select tools, design strategies, and create action plans by applying the guiding principles of behavior change
- Determine the needs, wants, abilities, and limitations of the client for goal setting
- Apply knowledge of assessment to determine the needs of the client
- Match activities and programs to the needs and strengths of individuals or groups

Course Outcome 3.

Monitor client progress

Learning Objectives 3.

- Monitor client's response to training and modify training to suit client needs
- Monitor exercise and activity programs and adapt and modify, when necessary, to meet the needs of the client
- Observe client performance and give appropriate and timely feedback to the client
- Monitor intensity and progression of activity/exercise programs
- Present information in a clear and understandable manner utilizing a variety of instructional techniques to fully involve client
- Provide appropriate supervision and spotting techniques where needed
- Ensure clients are instructed in the usage of all equipment

Course Outcome 4.

Demonstrate appropriate level of leadership and professionalism in the selection, training, and guiding of required volunteers

Learning Objectives 4.

- Appropriately responding to the concerns, needs, and issues of individuals

Date:

Thursday, January 25, 2018

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