

# COURSE OUTLINE

## FIT254

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<b>Course Code: Title</b>	FIT254: CAREER PREPARATION
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semester/Term:</b>	18W
<b>Course Description:</b>	This course is designed to prepare students for entry into the professional business of fitness and health promotion. Emphasis is placed on strengthening resume writing, interviewing and employability skills. General professional issues will also be reviewed and discussed. Plans for ongoing personal and professional growth and development will be examined and the student will clarify their own professional philosophy and role in the health, fitness and well-being field of practice.
<b>Total Credits:</b>	1
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	FIT203, FIT204, FIT206, FIT207
<b>Substitutes:</b>	FIT253
<b>Vocational Learning Outcomes (VLO's):</b>  Please refer to program web page for a complete listing of program outcomes where applicable.	<b>3040 - FITNESS AND HEALTH</b> #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.
<b>Essential Employability Skills (EES):</b>	#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. #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.

	<p>#7. Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>#8. Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>#10. Manage the use of time and other resources to complete projects.</p> <p>#11. Take responsibility for ones own actions, decisions, and consequences.</p>						
<b>Course Evaluation:</b>	Passing Grade: 50%,						
<b>Evaluation Process and Grading System:</b>	<table> <tr> <th>Evaluation Type</th><th>Evaluation Weight</th></tr> <tr> <td>Assignments</td><td>85%</td></tr> <tr> <td>In Class Activities</td><td>15%</td></tr> </table>	Evaluation Type	Evaluation Weight	Assignments	85%	In Class Activities	15%
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<b>Course Outcomes and Learning Objectives:</b>	<p><b>Course Outcome 1.</b></p> <p>Demonstrates ability to define and articulate an effective learning plan</p> <p><b>Learning Objectives 1.</b></p> <ul style="list-style-type: none"> <li>- Articulate the value of developing well defined learning objectives</li> <li>- Differentiate between well defined and poorly defined learning objectives</li> <li>- Identify when and how learning objectives should be reviewed or reconsidered</li> <li>- Demonstrate ability to access resources for developing learning objectives and for further study</li> </ul> <p><b>Course Outcome 2.</b></p> <p>Demonstrates understanding of importance of initial placement orientation</p> <p><b>Learning Objectives 2.</b></p> <ul style="list-style-type: none"> <li>- Discuss importance of first impressions</li> <li>- Identify key elements of an effective orientation</li> <li>- Define parameters of student in a community setting</li> </ul> <p><b>Course Outcome 3.</b></p> <p>Demonstrates ability to maintain and apply knowledge, skills and attitudes related to professional behaviour</p> <p><b>Learning Objectives 3.</b></p> <ul style="list-style-type: none"> <li>- Define the meaning of professionalism</li> <li>- Identify and explain key components of professional behaviour including dependability, initiative and organization</li> <li>- Discuss the importance of professional behaviour in fitness and health promotion settings</li> </ul> <p><b>Course Outcome 4.</b></p>						

Demonstrate understanding and ability to manage conflict in a workplace setting

#### **Learning Objectives 4.**

- Analyze and discuss types and causes of conflict
- Identify various conflict management styles
- Demonstrate general conflict resolution and management strategies

#### **Course Outcome 5.**

Demonstrate written, verbal and non-verbal skills necessary to seek employment in the field of fitness and health promotion

#### **Learning Objectives 5.**

- Identify key components of an effective resume
- Identify key verbal and non-verbal communication related to the interview process
- Demonstrate ability to successfully prepare for an interview
- Identify key sources for employment search

**Date:**

Thursday, January 25, 2018

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