

FITN 1008: INTRODUCTION TO FITNESS AND HEALTH PROMOTION

Course outlines are reviewed annually as part of continual quality improvement. This course was last updated for the effective term below.

Effective Term

Winter 2021

Full Course Title

Introduction to Fitness and Health Promotion

Academic Level

Post Secondary

Subject Code

FITN - PS Fitness

Course Number

1008

Grade Mode

Numeric

PLAR Applicable

Yes

Total Hours

42

Course Description

In this course students are introduced to concepts, careers and resources in fitness and health promotion. Course themes include: the dimensions of health, fitness, behaviour modification, community wellness and professionalism. Students assess their personal wellness and set fitness goals. The role of fitness and health professionals in promoting community wellness is discussed and students learn about the many organizations, resources and business opportunities that exist in the industry.

Equivalent(s) Courses (Two-Way)

FITN 1002 - Fitness and Wellness

Course Content

- dimensions of fitness, health and wellness
- behaviour modification
- positive lifestyle and health behaviours
- individual stage of readiness and intervention techniques
- appropriate strategies designed to increase motivation and overcome barriers
- stress management
- cognitive processes involved at each stage of behavioural change
- concepts of self-esteem, self-efficacy, confidence, competence, and body image
- S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Time-Oriented) goals
- nutrition
- body composition and weight management
- cardio-respiratory and musculoskeletal fitness
- the role of the fitness and health professional in promoting community wellness
- fitness and health resources, organizations and business opportunities
- FANTASTIC Lifestyle Checklist and the Healthy Physical Activity Participation Questionnaires
- factors affecting participation in physical activity including the 5 C's for activity enjoyment

Course Evaluation

The passing grade for this course is 50% unless otherwise noted below. The evaluation is comprised of:

- assignments 50%
- exams 30%
- quizzes 20%

Tests/examinations/assignments must be written/submitted at the time specified. Requests for adjustments to that schedule must be made before the test/exam/assignment date to the faculty member. Failure to do so will result in a mark of "0", unless an illness/emergency can be proven with appropriate documentation at no cost to the College.

The passing grade for all courses is 50%, or letter grade of P (Pass) or S (Satisfactory) unless otherwise noted below. The passing weighted average for promotion through each semester of a program is 60% and is a requirement to graduate.

Academic Appeal

Students at Georgian College can appeal the following:

- A mark on an assignment, test, examination or work-integrated learning term
- Missing or incorrect assessment information on a grade report and/or transcript
- A charge of academic misconduct

Note: Students cannot appeal a final grade. It is the academic work that is appealable leading to the final grade i.e. final test, exam or assignment.

Refer to Academic Regulations 9.2 Academic Appeal for further details.

Course Learning Outcomes

Upon successful completion of this course, the student has reliably demonstrated the ability to:

1. describe the dimensions of fitness, health and wellness;

This learning outcome meets the following Essential Employability Skill(s):

EES1: Communication
EES2: Response to communication

Evaluation

Introduced
Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

2. evaluate personal wellness and set fitness goals;

This learning outcome meets the following Essential Employability Skill(s):

EES1: Communication
EES5: Critical thinking to solve problems
EES7: Application of research and information
EES10: Time and resource management

Evaluation

Introduced
Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

3. produce a fitness and health promotion plan that includes a behavior modification;

This learning outcome meets the following Essential Employability Skill(s):

EES1: Communication
EES5: Critical thinking to solve problems
EES6: Organization of information
EES7: Application of research and information

Evaluation

Introduced
Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

4. articulate the role fitness and health professionals play in community well-being as part of the network of healthcare professionals;

This learning outcome meets the following Essential Employability Skill(s):

EES1: Communication

EES2: Response to communication

Evaluation

Introduced

Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

5. identify resources, skills and qualifications required for a variety of careers and business opportunities within the fitness and health promotion industry.

This learning outcome meets the following Essential Employability Skill(s):

EES1: Communication

EES2: Response to communication

EES5: Critical thinking to solve problems

Evaluation

Introduced

Assessed

Key: 10237