



Georgian

CHECKLIST: CONSIDERATIONS FOR SELECTING A COLLEGE COURSE FOR DUAL CREDIT

Course Name:	Intro Fitness and Health Promotion
Course Number:	FTTN 1008
Course Level (i.e. first semester, second semester):	First Semester
Program Name(s):	Fitness and Health Promotion
What other programs have this course as part of the curriculum?	Not Applicable
Course is a General Education Course (Yes or No)	No
If this is a program specific course, how does it link into the program? For eg. Does it provide an overview to the subject area?	This course provides an introduction to concepts, careers and resources in fitness and health promotion. Course themes include: the dimensions of health, fitness, behaviour modification, community wellness and professionalism.
Is there a hands-on component to the course? Please elaborate	Yes; Students will assess their personal wellness and set fitness goals.
Is there a textbook used with the course? If so, how much reading is required in the course?	Recommended readings and weekly labs; multiple choice quizzes come directly from the text book.
What are the required assignments within this course? (eg. essays, group discussion, portfolio etc.)	Participation Labs & InClass Activities / Quizzes / Take Home Assignments / Midterm / Final Exam
What special resources, materials or teaching environment are required in order to run this course for dual credit students?	Outdoor Space / Gymnasium / Minimum of Three Fitness Classes Field Trip – Community Based Centre / Private Rec Centre
Is there a teacher available who could teach this as a dual credit?	Lindsey Jones
Has this teacher taught dual credit student previously?	Yes