

FLM 200- Assessment of Fitness and Health

3 credits, 15 weeks, 50 hours

Official course description:

In this course, students apply techniques in exercise testing and prescription for individuals or groups. Students will be involved in integration seminars in the classroom and in practical experience at local fitness centers.

Prerequisites: PEDS 100, PSYCHOLOGY 104, FLM 100

Instructor

Michael Scarlett

Office location: S213E

Phone number: (780) 791-4824

michael.scarlett@keyano.ca

Office Hours**Time**

Monday	15:00 -15:50
Tuesday	15:00 -15:50
Friday	13:00 -15:50

Hours of Instruction

Day	Location	Time	
Monday	SSWC2323	09:00 – 10:50	<i>as needed</i>
Tuesday	SSWC2323	13:00 – 13:50	<i>as needed</i>

Required Resources

55 Fitness Business Strategies for Success (2009), Cosgrove, Rachel & Cosgrove, Alwyn.

Course Outcomes

Through a combination of lectures, readings, tests, and laboratory experiences, successful students will be able to:

1. Develop practical experience in one-on-one Personal Training. Including fitness testing, program development, goal-setting, motivation during sessions, and follow-up. Students will work with at least three clients throughout the semester for a total of 50 hours. The 50 hours will include required participation in at least 3 exercise classes, logbook, training program delivered to individual clients and group plans for teams and other training groups
2. Assess an individual's health, medical, and fitness status.
3. Perform active and resting fitness tests relevant to program design.
4. Design individualized physical activity programs to asymptomatic individuals or those who have been cleared by physicians.

5. Implement physical activity programs in a safe and effective manner and modify them as necessary to achieve clients' goals.
6. In order to reinforce lifelong learning students will work independently on a book review relevant to the skills of personal training.

Evaluation

Individual Training Programs	30%
Chapter and Topic Reflections	30% (10 x 3%)
Practicum Log book	20% (4 x 5%)
Practicum Evaluation	20% (2 x 10%) <i>completed by instructors and supervisors</i>

Total

100%

Grading System

Descriptor	Alpha Grade	4.0 Scale	Percent	Rubric for Letter Grades
Excellent	A+	4.0	> 92.9	Work shows in-depth and critical analysis, well developed ideas, creativity, excellent writing, clarity and proper format.
	A	4.0	85 – 92.9	
	A-	3.7	80 – 84.9	
Good	B+	3.3	77 – 79.9	Work is generally of high quality, well developed, well written, has clarity, and uses proper format.
	B	3.0	74 – 76.9	
	B-	2.7	70 – 73.9	
Satisfactory Progression	C+	2.3	67 – 69.9	Work has some developed ideas but needs more attention to clarity, style and formatting.
	C	2.0	64 – 66.9	
	C-	1.7	60 – 63.9	
Poor Minimum Pass	D+	1.3	55 – 59.9	Work is completed in a general way with minimal support, or is poorly written or did not use proper format.
	D	1.0	50 – 54.9	
Failure	F	0.0	< 50	Responses fail to demonstrate appropriate understanding or are fundamentally incomplete.

Important Dates:

January 11 th , 2016	Last day to add for fall semester. Fees due
January 18 th , 2016	Courses dropped by this date will be designated “W” and you will receive a full refund. <i>(a withdrawal “W” is not reflected in your GPA)</i>
February 12 th , 2016	Courses dropped by this date will be designated “W” and you will receive a 50% refund.
February 22 nd to 26 th , 2016	Reading Week (no classes)
March 29 th , 2016	Courses dropped by this date will be designated “W”.
April 15 th , 2016	Last day of Class

April 18th to 22nd , 2016

Final Exams

Proposed Schedule of Topics

Course:	FLM 200	Notes
Week 1	<ul style="list-style-type: none"> Course Outline Mock Job Interview New Employee Orientation 	<ul style="list-style-type: none"> After reviewing the course content, grading and assignment due dates students will have a formal interview with the agency with which they will work
Week 2-14	<ul style="list-style-type: none"> Personal Training: Working 1 on 1 with a client. Small Group Fitness: Working in Partners or Groups of Three. Seminars: Group Meetings about the current and evolving training needs of clients. Feedback: As needed by appointment with the course instructor and agency supervisor 	<ul style="list-style-type: none"> January 31st : Submit <ul style="list-style-type: none"> 2 Chapter Reflections 1 Topic Reflection
		<ul style="list-style-type: none"> February 29th : Submit <ul style="list-style-type: none"> 2 Chapter Reflections 2 Topic Reflections
		<ul style="list-style-type: none"> March 31st : Submit <ul style="list-style-type: none"> 2 Chapter Reflections 1 Topic Reflections
		<ul style="list-style-type: none"> April 8th : Submit <ul style="list-style-type: none"> Training log Training program
Week 15	<ul style="list-style-type: none"> Presentation 	<ul style="list-style-type: none"> Present on practicum experience using log book and training program

Please Note:

Date and time allotted to each topic is subject to change. It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College Credit Calendar.

Performance Requirements

Students should come dressed as professionals for all activities and students are encouraged to actively participate in all session in learning the methods, performing techniques, answering questions directed by the instructor, discussing the procedures, working with peers and helping with cleaning and debriefing after each session.

Student Attendance

Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and / or notes that may be due.

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own
 - Please see link to "Plagiarism Tutorial/Certificate" under the "STUDENT" area on the following link <http://ilearn.keyano.ca/>
- The use of unauthorized aids in assignments or examinations (cheating)
- Collusion or the unauthorized collaboration with others in preparing work
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment

Penalties for academic offences range from a verbal reprimand to dismissal from the College, and in certain circumstances may involve legal action.

Specialized Supports**Counselling and Disability Services**

Counselling Services provides a wide range of specialized counselling services to prospective and registered students, including personal, career and academic counselling.

SKILL Centre

The SKILL Centre is a learning space in the Clearwater Campus at Keyano College where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff.

The SKILL Centre, through a variety of delivery methods, provides assistance in skill development to Keyano students. Assistance is provided by instructors, staff and student tutors. Individuals wishing to improve their mathematics, writing, grammar, study, or other skills, can take advantage of this unique service.

Authorization

This course outline has been reviewed and approved by the Program Chair.

Michael, Scarlett, Instructor

Vincella Thompson, Dean

Date Authorized

Signed copies to be delivered to:

Instructor

Registrar's Office