

M: Course Objectives / Learning Outcomes

Upon successful completion of this course, the student will be able to:

1. apply basic principles of health related physical fitness, motor fitness and functional fitness to recreation, health and therapeutic recreation programming
2. apply assessment procedures
3. design and evaluate individual and group fitness programs
4. apply a variety of leadership styles and techniques used in physical fitness activities
5. document physical fitness session and program plans in recreation, health and therapeutic recreation programming
6. apply methods of injury prevention in fitness activities
7. describe the use of activity and activity analysis in selecting and adapting physical activities to meet the needs of people of different ages, cultural backgrounds and abilities

N: Course Content: The following global ideas guide the design and delivery of this course:

Principles of Health Related Physical Fitness, Motor Fitness and Functional Fitness

- Components of health related physical fitness
- Components of motor fitness
- Components of functional fitness
- Role of fitness in maintaining a healthy lifestyle throughout life

Assessment Procedures

- Assessment procedures for physical fitness components

Design and Evaluate Individual and Group Fitness Programs

- Personal fitness program
- Physical fitness principles used in designing and implementing physical fitness programs for people of different ages, cultural backgrounds and abilities
- Leadership in physical fitness programming
- Leadership theories, styles, principles and techniques
- Demonstrate leadership skills and the appropriate leadership styles in leading a fitness class

Program Plans for Physical Fitness Programs

- Physical fitness programming in recreation, therapeutic recreation and health
- Program plans and session plans
- Program goals and objectives
- Adapt fitness goals and objectives for people of different ages, cultural backgrounds and abilities
- Implement and evaluate a physical fitness session

Injury Prevention

- Exercise area requirements
- Appropriate emergency procedures
- Injury prevention techniques
- Specific injury prevention techniques for older adults and individuals with disabilities

<p>Activity Selection and Adaptation</p> <ul style="list-style-type: none"> • Activity analysis • Activity adaptations for physical fitness • Choose appropriate fitness activities based upon activity analysis • Adaptations for individuals with physical, psychological and /or cognitive impairments
<p>O: Methods of Instruction</p> <ul style="list-style-type: none"> • Lecture/discussion • Role modeling • Case studies • Small group leadership • Videotaping leadership of self and others • Peer feedback
<p>P: Textbooks and Materials to be Purchased by Students A list of recommended textbooks and materials is provided for students at the beginning of each semester.</p> <p>Resources include:</p> <ul style="list-style-type: none"> • Selected readings from a variety of TR practice textbooks • Selected audio-visual and computer resources • Selected readings from books and journals
<p>Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations.</p> <p>An evaluation schedule is presented at the beginning of the course. Typical means of evaluation will include a combination of written assignments, presentations and testing.</p> <p>This is a graded course.</p>
<p>R: Prior Learning Assessment and Recognition</p> <p>Open for PLAR</p>

Course Designer(s) Therapeutic Recreation Faculty

Education Council / Curriculum Committee Representative

Dean

Registrar