

Course Outline

Course Title:	Application of Leisure, Physical Activity and Group Exercise		
Course Number:	RECR146	Approval Date:	2018/9/4
Course Hours:	60 hours	Academic Year:	2018
Academic School:	School of Health & Wellness		

Faculty:	Heather Stephens - Heather.Stephens@flemingcollege.ca Chris Leney - Chris.Leney@flemingcollege.ca		
Program Co-ordinator or Equivalent:	Alex Smith - alex.smith@flemingcollege.ca		
Dean (or Chair):	Nick Stone - nick.stone@flemingcollege.ca		

Course Description

This course will teach the student about the community recreation, leisure, and wellness opportunities available to diverse target populations and how to support increased participation in such activities. Physical activity will be investigated where strategies to encourage clients to lead an active lifestyle will be developed and practiced. Additionally, the elementary components of a training session will be introduced and the skills to demonstrate and teach safe stretching techniques will be practiced.

Prerequisites: None.

Corequisites: None.

Learning Outcomes

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

1. At an introductory level, develop an action plan that encourages diverse target populations to lead an active lifestyle through increased physical activity.
2. At an introductory level, explain how to support increased participation in recreation, leisure, and wellness opportunities for diverse target populations within the community.
3. At an introductory level, safely coach a client through dynamic and static stretches.

Learning Resources

Required:

Canadian Physical Activity Guidelines (download your copy from:
<http://www.csep.ca/en/guidelines/guidelines-for-other-age-groups>)

1. A Framework for Recreation in Canada 2015: Pathways to Wellbeing (download the English or French versions) from: <https://www.cpra.ca/about-the-framework>

Fitness & Health Promotion/Recreation Leisure Services - Application of Leisure, Physical Activity, & Group Exercise Laboratory Manual (Summer 2017). Peterborough, ON: Fleming College

Students must purchase a FHP/RLS t-shirt from the bookstore.

Students must pay a one-time field-trip fee to help cover the cost of all field trips (13 in total).

Recommended:

Karlis, G. (2016). An introduction: leisure and recreation in Canadian society (3rd Ed.). Toronto, ON: Thompson Educational Publishing, Inc.

Assessment Summary

Assessment Task	Percentage
Assignments	20%
Applied Learning	80%

Student Success: Policies and Procedures

Mutually, faculty and learners will support and adhere to college Academic Regulations, and Student Rights and Responsibilities. The following policies and guidelines have been developed to support the learning process.

Please click on the link for information about:

- [Academic Integrity \(2-201A\)](#)
(<https://department.flemingcollege.ca/hr/attachment/7750/download>)
- [Accessibility for Persons with Disabilities \(3-341\)](#)
(<https://department.flemingcollege.ca/hr/attachment/5619/download>)
- [Grading and Academic Standing \(2-201C\)](#)
(<https://department.flemingcollege.ca/hr/attachment/7752/download>)
- [Guidelines for Professional Practice: Students and Faculty](#)
(<https://flemingcollege.ca/PDF/guidelines-for-professional-practice-students-faculty.pdf>)
- [Student Rights and Responsibilities \(5-506\)](#)
(<https://department.flemingcollege.ca/hr/attachment/269/download>)

Alternate accessible formats of learning resources and materials will be provided, on request.

Program Standards

The Ministry of Training, Colleges and Universities oversees the development and the review of standards for programs of instruction. Each college is required to ensure that its programs and program delivery are consistent with these standards, and must assist students to achieve these essential outcomes.

This course contributes to Program Standards as defined by the [Ministry of Training, Colleges and Universities](#) (MTCU). Program standards apply to all similar programs of instruction offered by colleges across the province. Each program standard for a postsecondary program includes the following elements:

- **Vocational standards** (the vocationally specific learning outcomes which apply to the program of instruction in question);
- **Essential employability skills** (the essential employability skills learning outcomes which apply to all programs of instruction); and
- **General education requirement** (the requirement for general education in postsecondary programs of instruction that contribute to the development of citizens who are conscious of the diversity, complexity and richness of the human experience; and, the society in which they live and work).

Collectively, these elements outline the essential skills and knowledge that a student must reliably demonstrate in order to graduate from the program. For further information on the standards for your program, follow the MTCU link (www.tcu.gov.on.ca/pepg/audiences/colleges/progstan/)

Detail Plan

Term: 2018 Fall **Session Code:** DC

Faculty: Lynn Stalteri - lynn.stalteri@flemingcollege.ca

Program Co-ordinator or Equivalent: Alex Smith - alex.smith@flemingcollege.ca

Dean (or Chair): Nick Stone - nick.stone@flemingcollege.ca

Learning Plan

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
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Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 1 2 x 1.15 hour labs	Lab 1: Orientation, Professionalism expectations, ParQ Lab 2: What is Leisure, PA and Group Exercise	1-2	1. Ongoing professionalism 2. Weekly task
Week 2 2 x 1.15 hour labs	Lab 1: Components of a Training Session - Warm up Lab 2: Steps to Increasing Physical Activity & Identifying Sedentary Behaviour- Questionnaire	1-2	1. Ongoing professionalism 2. Weekly task
Week 3 2 x 1.15 hour labs	Lab 1: Components of a Training Session - Aerobic Lab 2: Introduction to the Canadian Physical Activity Guidelines (Discuss Prescribing Physical Activities Student Presentations)	1-3	1. Ongoing professionalism 2. Weekly task
Week 4 2 x 1.15 hour labs	Lab 1: Components of a Training Session - Strength Lab 2: Yoga	1-3	1. Ongoing professionalism 2. Weekly task 3. Leisure Experience Reflection x 1
Week 5	Lab 1: D2L Orientation and Login in with student passwords Lab 2: Fleming Tour/Improv/Mapleridge Recreation Center	1-2	1. Ongoing professionalism 2. Weekly task 3. Reflections Assessments x3 from both labs
Week 6 2 x 1.15 hour labs	Lab 1: Prescribing Physical Activities Student Presentations - Day 1 Lab 2: Prescribing Physical Activities Student Presentations - Day 2	1-2	1. Ongoing professionalism 2. Weekly task 3. Prescribing Physical Activities Student Presentations
Week 7 2 x 1.15 hour labs	Lab 1: Circuit Training Lab 2: Adaptive Sport	1-3	1. Ongoing professionalism 2. Weekly task 3. Reflection x2 Adaptive Sport and Circuit training
Week 8 2 x 1.15 hour labs	Lab 1: Dynamic Stretching & OP 1 preparation Lab 2: Dynamic Stretching & Preparation OP 1, Mock OP	1-3	1. Ongoing professionalism 2. Weekly task

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 9 2 x 1.15 hour labs	Lab 1: OP #1 Dynamic Stretching Practical Exam - Day 1 Lab 2: OP #2 Dynamic Stretching Practical Exam - Day 2	1-3	1. Ongoing professionalism 2. Weekly task 3. Dynamic Stretching OP #2 Practical Exam
Week 10 2 x 1.15 hour labs	Lab 1: Group Fitness Boot Camp Lab 2: Components of a Training Session - Cool down Activities / Static Stretching	1-3	1. Ongoing professionalism 2. Weekly task 3. Leisure Experience Reflection x 1
Week 11 2 x 1.15 hour labs	Lab 1: Static Stretching & OP #2 Preparation Lab 2: Static Stretching & OP #2 Preparation and Mock OP Practical Exam	1-3	1. Ongoing professionalism 2. Weekly task
Week 12 2 x 1.15 hour labs	Lab 1: OP #2 Static Stretching OP Practical Exam Day 1 Lab 2: OP #2 Static Stretching OP Practical Exam Day 2	1-3	1. Ongoing professionalism 2. Weekly task 3. OP #2 Practical Exam
Week 13 2 x 1.15 hour labs	Lab 1: OFAH/Hutchison House/Peterborough Art Gallery Lab 2: PA Group Exercise TBD	1-3	1. Ongoing professionalism 2. Weekly task 3. Leisure Experience X3 4. OP #2 Practical Exam if required
Week 14 2 x 1.15 hour labs	Lab 1: PA, Group Exercise TBD Lab 2: PA, Group Exercise TBD	1-3	1. Ongoing professionalism 2. Weekly task

Assessment Requirements

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
Professionalism: Students will be continually assessed on their accountability, ability to work with others, deportment, and their respectful/positive attitude.	Weeks 1-15	1-3	5%
Weekly Tasks: Each week students will be assigned a task to complete that is specific to the topic being covered.	Weeks 1-15	1-3	30%

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
Leisure Experience Reflections: For each leisure experience students will be required to reflect on how it could support increased participation in recreation, leisure, and wellness opportunities for diverse target populations within the community.	Weeks 1-15	2	20%
Prescribing Physical Activity Presentation: In small groups, students will be required to present an action plan to help decrease sedentary behaviour and increase physical activity for their group.	Week 6	1	20%
Dynamic Stretching Practical Exam: Students will be required to coach a client through two randomly selected dynamic stretches.	Week 9	3	12.5%
Static Stretching Practical Exam: Students will be required to coach a client through two randomly selected static stretches.	Week 12	3	12.5%

All assessments are available in an alternative format upon request.

Assessment Comments:

- To demonstrate competency in learning outcomes, completion of all assessments is required to pass the course.
- Students are required to attend all mandatory meetings, workshops, and/or tutorials as deemed appropriate by the faculty.
- Assignments will be marked for writing conventions, mechanics, and professional language. Marks will be deducted for any such errors.
- The professor reserves the right to grade a student individually within a group assignment should it be deemed necessary and appropriate.

Academic Integrity

- Cases of breach of academic integrity will be dealt with according to formal documented college policy.

Learning Sequence

- The learning sequence may be modified by the professor to best meet the learning needs of the students.

Exemption Contact

Alex Smith

Program Coordinator

Email: alex.smith@flemingcollege.ca

Phone: 705 749 5530 x 1464

Prior Learning and Assessment and Recognition (PLAR)

PLAR uses tools to help learners reflect on, identify, articulate, and demonstrate past learning which has been acquired through study, work and other life experiences and which is not recognized through formal transfer of credit mechanisms. PLAR options include authentic assessment activities designed by faculty that may include challenge exams, portfolio presentations, interviews, and written assignments. Learners may also be encouraged and supported to design an individual documentation package that would meet the learning requirements of the course. Any student who wishes to have any prior learning acquired through life and work experience assessed, so as to translate it into a college credit, may initiate the process by applying through the Registrar's office. For more information please click on the following link: <http://flemingcollege.ca/admissions/prior-learning-assessment-and-recognition>

Course Specific Policies and Procedures

It is the responsibility of the student to retain this course outline for future reference. Course outlines may be required to support applications for advanced standing and credit transfer to other educational institutions, portfolio development, PLAR and accreditation with professional associations.

- Please review the Class Absence Operating Procedure (2-205) relating to missed assessments. The procedure can be found at <https://mycampus.flemingcollege.ca/group/portal/resources>
- All tests (and assignments) will be marked and mark earned will be returned to the student within two weeks of writing unless otherwise specified by the professor. Multiple choice questions may not be returned to the student. Feedback from the tests may be given in class. The mark achieved will be recorded in GradeBook in Desire2Learn.
- If the student has any questions or concerns about the grading of any evaluation method, the student must make an appointment with the professor within one week of the evaluation method being returned, and bring with them appropriate references from textbooks or notes. (Returned is defined as when the evaluation method is returned to the class)
- All assessments (assignments, quizzes, tests, presentations, labs, reports, etc.) are due on their stated due date and time unless the student has made specific arrangements with the professor. Make-up arrangements for missed assessments are normally not allowed. However, in the event of documented illness or personal circumstances, which prohibit the student from completing the assessment, make-up provisions may be provided as per the Class Absence Operating Procedure (2-205). Otherwise, late assignments will be penalized 10% a day for the first 3 days. After that, assignments will receive a grade of zero.

- Final grades in this course are assigned based on the level of academic achievement which corresponds to all of the assessment components as cited in this course outline. This course may contain assessments that require successful completion in order for a pass to be obtained in the course. These assessments will be outlined in the course outline. Faculty members will not offer additional assessments or credit recovery to individual students beyond those cited in this course outline.
- Students who are late for class/lecture/lab are a disruption to their classmates and have a negative impact on the learning environment. Your instructor will share his/her late policies early in the semester. For reasons relating to classroom management and/or laboratory safety, late students may be refused entry. Lateness in general is unacceptable and will be dealt with on an individual basis.
- Students have the responsibility to support academic honesty and integrity. Please see the Academic Integrity Policy and Procedure (2-201A). This document can be found on the student portal in the resources section.
- Electronic communication devices may be utilized for the purposes of classroom based work such as note-taking and research only.
- The teaching staff reserves the right to modify the course sequence to better meet the needs of the student group and to facilitate student learning.
- Students are encouraged to keep the course outline and marked materials until a final course grade is received at the end of the semester, or for the purposes of portfolio building and transfer credits.