



EFFECTIVE: JANUARY 2012 CURRICULUM GUIDELINES

A. Division: **Academic** **Effective Date:** **January 2012**

B. Department / Program Area: **Faculty of Child, Family and Community Studies/ Therapeutic Recreation** **Revision** **New Course**

If Revision, Section(s) Revised: **A, D, F, G, M, N, O, P, Q**
Date of Previous Revision: **October 2006**
Date of Current Revision: **April 2011**

C: THRT 2309 **D: Physical Fitness: Theory and Application in Therapeutic Recreation** **E: 3**

Subject & Course No.	Descriptive Title	Semester Credits
<p>F: Calendar Description:</p> <p style="text-align: center;">Students will examine principles of physical fitness and the components of health-related fitness, skill related fitness and functional fitness. Assessment tests and techniques, lifestyle behaviour change theory, and the design, leadership and evaluation of individual and group fitness programs will be applied for people of different ages and abilities.</p>		
<p>G: Allocation of Contact Hours to Type of Instruction / Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p style="text-align: center;">Lecture and practice</p> <p>Number of Contact Hours: (per semester for each descriptor)</p> <p style="text-align: center;">60 hours</p> <p>Number of Weeks per Semester:</p> <p style="text-align: center;">Flexible delivery ranging over 2 to 15 weeks</p>	<p>H: Course Prerequisites:</p> <p style="text-align: center;">BIOL 1105</p>	
	<p>I: Course Corequisites:</p> <p style="text-align: center;">NIL</p>	
	<p>J: Course for which this Course is a Prerequisite</p> <p style="text-align: center;">THRT 3506</p>	
	<p>K: Maximum Class Size:</p> <p style="text-align: center;">30</p>	
<p>L: PLEASE INDICATE:</p> <p><input type="checkbox"/> Non-Credit</p> <p><input type="checkbox"/> College Credit Non-Transfer</p> <p><input checked="" type="checkbox"/> College Credit Transfer:</p> <p style="text-align: center;">SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bctransferguide.ca)</p>		

M: Course Objectives / Learning Outcomes

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

1. Discuss principles of fitness
2. Discuss health related physical fitness, skill related fitness and functional fitness including basic exercise physiology and nutrition
3. Apply screening and assessment tests and techniques
4. Apply theory in the design of individual and group fitness programs for individuals with varying needs and abilities
5. Create program protocols to document physical fitness programs
6. Lead and evaluate individual and group fitness programs for individuals with varying needs and abilities
7. Discuss methods of injury prevention.

N: Course Content:**Principles of Physical Fitness**

- Overload, progression and specificity
- Diminishing Returns, Rest and Recovery, Reversibility, Individuality
- Threshold of training and target zones
- FIT prescription

Health-related Fitness, Skill-related Fitness and Functional Fitness

- Components of each type of fitness including nutrition
- Exercise physiology – muscles, energy production, cardiorespiratory function
- FIT prescription for the components of each type of fitness
- Appropriate exercises, physical activities and nutrition
- Benefits of the components of each type of fitness
- Matching age groups, abilities and needs to each type of fitness

Screening and Assessment Tests and Techniques

- PAR-Q and medical referral
- Health-related physical fitness tests and techniques
- Nutrition analysis based on Canada Food Guide
- Functional fitness tests and techniques

Individual and Group Fitness Programs

- Needs and interests of individuals with varying abilities
- Components of fitness to be used for the program
- Principles of fitness and exercise prescription
- Nutrition
- Program protocols and session plans
- Behavior change theory, motivation, goal setting
- Selection of safe exercises
- Adaptation of exercises

Leadership

- Theories and styles
- Techniques used in fitness

Injury Prevention

- Injury prevention techniques and considerations
- Management of acute injuries
- Emergency procedures

O: Methods of Instruction

- **Lecture/discussion**
- **Case studies**
- **Small group leadership**
- **Community service learning**

P: Textbooks and Materials to be Purchased by Students

T.B.A.

Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations. Typical means of evaluation would include a combination of:

- **Written assignments**
- **Presentations**
- **Tests**

This is a letter graded course.

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR. If not available for PLAR, please provide rationale.

Open for PLAR

Course Designer(s): G. Paterson

Education Council / Curriculum Committee Representative

Interim Dean: Gary Tennant

Registrar