



# Fitness Theory Course Program Outline

### **Fitness Theory Course Program Description**

Recognized by the British Columbia Recreation and Parks Association (BCRPA), this thirty-two hour Fitness Theory course is designed for individuals with a passion for fitness and an interest in learning more about health and exercise. In this course, students will learn foundational knowledge such as: basic anatomy, exercise physiology, exercise analysis, exercise safety, and the fundamental principles of conditioning for cardiovascular, strength and flexibility training. Students will learn how to assess a person's heart disease risk profile; use correct exercise terminology and apply the scientific principles of conditioning to modify their own personal workouts.

### **Career Opportunities**

The Infocit graduate is in high demand and can find work as an on-floor fitness desk attendant with one or more of our industry affiliates such as Fitness on the Go, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Momentum Fitness and more.

### **Admission Requirements**

The admission requirements for this program are as follows:

- Must be 16-years of age
- The ability to speak english
- A passion for fitness

### **Required Textbooks**

The following text will be given to the student upon registration or first day of class:

- Infocit's Fitness Theory Education Workbook

### **Program Duration**

The Fitness Theory program takes 4 days to complete with a total of 27 instructional hours spread out over 2 weekends (32 scheduled hours).

### **Homework Hours**

Students can expect to perform approximately 4 - 8 hours of homework over the course of the two weekends.

### **Delivery Methods**

On-site delivery

### **Instructional Methods**

Method of Instruction	Contact Hours
Lecture	13.5
In-class Demonstration	7.0
Lab time	0.0
Hands-on Practice	3.5
Group Work	3.0
Total Instructional Hours	27.0 hours

### **Learning Outcomes**

By the end of the Program, Infocit students will be able to:

1. Assess friends and family member's heart disease risk profile and physical activity readiness
2. Match the correct anatomical & directional terminology to one's exercise movements
3. Assess and adjust one's own exercise intensity during resistance, cardiovascular and flexibility exercise
4. Revise one's own exercise program to match the correct FITT model for his/her goal
5. Exercise safely

### **Student Progress/Assessment Methods**

Students will be assessed through periodic quizzes and homework assignments.

- Quizzes – Students will need to complete a quiz at the end of each chapter of their course workbooks. Students receive in-class feedback regarding their answers for quizzes 1 - 6.
- Homework Assignments – Most chapters/sections in their workbooks will have assignments to complete by an established timeline; students will receive in-class feedback regarding their work.

### **Attendance Expectations**

Students are expected to attend 100% of the course instructional hours. Those that miss a section of the course will be required to make this time up with a tutor.

### **Dress Expectations**

Students are asked to wear comfortable gym wear and running shoes.

### **Graduation Requirements**

Students must receive 70% on their final exam, and have 100% attendance in order to receive a Letter of Completion for Fitness Theory Course.

### **Program Organization**

Name of Course	# of Instructional Hours
1. Fitness Theory	27