

FLEMING

Course Outline

Course Title:	Application of Leisure, Physical Activity and Group Exercise		
Course Number:	RECR146	Approval Date:	2021/9/2
Course Hours:	60 hours	Academic Year:	2021
Academic School:	School of Health & Wellness		

Faculty: Heather Stephens - Heather.Stephens@flemingcollege.ca
Chris Leney - Chris.Leney@flemingcollege.ca

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

Equivalent:

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.

Course Delivery Type

Face to face.

All course hours are delivered in person at the delivery location specified on the academic timetable.

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:

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>
2. Fitness & Health Promotion/Recreation Leisure Services - Application of Leisure, Physical Activity, & Group Exercise Laboratory Manual (Summer 2017). Peterborough, ON: Fleming College. Available on D2L in RECR146.
3. Students must purchase a FHP/RLS t-shirt from the bookstore to be worn during in person classes at the Peterborough Sport and Wellness Centre.
4. Students must purchase a resistance band with handles and a yoga mat.
5. Students must purchase safety glasses or a face shield to wear with their mask during labs.

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
Quizzes	10%
Applied Learning	90%

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)
(<https://department.flemingcollege.ca/hr/attachment/7750/download>)

- [Accessibility for Persons with Disabilities \(3-341\)](https://department.flemingcollege.ca/hr/attachment/5619/download)
(<https://department.flemingcollege.ca/hr/attachment/5619/download>)
- [Grading and Academic Standing \(2-201C\)](https://department.flemingcollege.ca/hr/attachment/7752/download)
(<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)
(<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)
(<https://department.flemingcollege.ca/hr/attachment/269/download>)

If you will need academic accommodations (for example if you have a learning disability, mental health condition such as anxiety or depression or if you had an IEP in high school), please contact the [Accessible Education Services \(AES\)](https://department.flemingcollege.ca/aes/) department (<https://department.flemingcollege.ca/aes/>) to meet with a counsellor.

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

Program Standards

The **Ministry of Colleges and Universities** oversees the development and the review of standards for programs of instruction. The **Ministry of Labour Training and Skills Development** oversees the development and the review of standards for programs of instruction for Apprenticeship training in the province of Ontario. 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 Colleges and Universities](#) (MCU). 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 MCU link (www.tcu.gov.on.ca/pepg/audiences/colleges/progstan/).

Detail Plan

Term:	2021 Fall
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

Learning Plan

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 1	Orientation to physical activity lab and recreation and leisure lab. Hosted by both instructors	1-2	1. Professionalism 2. Ongoing Task Engagement
Week 2	Fitness: Types, Benefits & Barriers to Physical Activity; Cost of Sedentary Behaviour, Holistic Health Leisure: Nature, Exploring the Fleming Trails	1-2	1. Professionalism 2. Ongoing Task Engagement 3. Leisure Reflection Assignment
Week 3	Fitness: Physical Activity Guidelines, Stages of Change Model, FITT and SMART planning Leisure: Exploring Fishing, Wildlife & Outdoors	1-2	1. Professionalism 2. Ongoing Task Engagement 3. Leisure Reflection Assignment
Week 4	Fitness: Youth/Youth-at-risk and Older Adult Leisure: Recreation, Leisure and Play	1-2	1. Professionalism 2. Ongoing Task Engagement 3. Leisure Reflection Assignment
Week 5	Fitness: Group Fitness Leadership; Warm-up Leisure: Heritage & Tourism in Recreation	1-2	1. Professionalism 2. Ongoing Task Engagement 3. Leisure Reflection Assignment
Week 6	Fitness: Cardio Guidelines and options Leisure: Recreation for special populations - Youth at Risk, Indigenous, Children , Seniors	1-2	1. Professionalism 2. Ongoing Task Engagement 3. Leisure Reflection Assignment
Week 7	Fitness: Strength Training and Safety Considerations Leisure: Recreation & Leisure in Retirement	1-3	1. Professionalism 2. Ongoing Task Engagement 3. Physical Activity Quiz 4. Leisure Reflection Assignment

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 8 No classes	Independent Study Week Assignment	1-3	1. Professionalism 2. Ongoing Task Engagement 3. Fitness Assignment
Week 9	Fitness: Student Presentations; mental health and physical activity Leisure: Physical Activity - Tai Chi	1-3	1. Professionalism 2. Ongoing Task Engagement 3. Physical Activity Independent Project 4. Leisure Reflection Assignment
Week 10	Fitness: Student Presentations; Disability and inclusion in physical activity Leisure: Understanding the Framework for Recreation in Canada	1-3	1. Professionalism 2. Ongoing Task Engagement 3. Physical Activity Independent Project 4. Framework - Quiz
Week 11	Fitness: Dynamic Stretching Leisure: Ice Breaker Presentations	1-3	1. Professionalism 2. Ongoing Task Engagement 3. Presentation Evaluation
Week 12	Fitness: Dynamic Stretching Oral Practical Leisure: Physical Activity- Group Fitness	1-3	1. Professionalism 2. Ongoing Task Engagement 3. Stretch Assessment
Week 13	Fitness: Static Stretching Leisure: Games Presentations	1-3	1. Professionalism 2. Ongoing Task Engagement 3. Presentation Evaluation
Week 14	Fitness: Static Stretching Oral Practical Leisure: Games Presentations and Personal Leisure	1-3	1. Professionalism 2. Ongoing Task Engagement 3. Stretch Assessment 4. Presentation Evaluation
Week 15	Fitness: Course Wrap Up Leisure: Course Wrap Up & Choice of Activity	1-3	1. Professionalism 2. Physical Activity Quiz

Assessment Requirements

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
Professionalism: Students will be assessed on their accountability, ability to work with others, respectful/positive attitude and on their giving and receiving of feedback.	Weeks 1-15	1-3	5%

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
Physical Activity Project: Working in partners, design an action plan to increase physical activity and decrease sedentary behaviour within a specific population with the purpose of enhancing inclusion through increased participation. Presentation to follow.	Weeks 2-9	1-2	15%
Independent Study Week Assignment: Design and action a warm-up lesson plan and examine personal leadership qualities.	Week 8-9	1-2	2.5%
D2L Quizzes x 2 (Fitness)	Weeks 7 & 15	1-3	10%
Dynamic and Static Stretch Oral Practical Exam	Weeks 12 & 14	3	20%
Leisure Reflection Assignments- Students will share a reflection after engaging in the leisure or recreational activity .	Weeks 2-7	1-2	12%
Ice Breaker Activity- In partners, students will lead an ice breaker for the rest of the class.	Week 11	1-2	10%
Presentation & Evaluation	Weeks 13, 14	1-2	10%
Student Engagement in Rec/Leisure trips and guests	Weeks 2, 3, 5, 6, 7, 9	1-2	8%
Understanding the Framework for Recreation in Canada - Quiz	Week 9	1-2	7.5%

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.
- When absence is necessary, students are expected to read D2L information and use a peer system to maintain pace with the learning sequence.

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.
- The assessments may be modified by the professor to 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.

Synchronous sessions may be recorded. As a result, your image, voice, name, personal views and opinions, and course work may be collected under legal authority of section 2 of the Ontario Colleges of Applied Arts and Technology Act, 2002. This information will be used for the purpose of supporting student learning. Any questions about this collection can be directed to the Privacy and Policy Officer at freedomofinformation@flemingcollege.ca or by mail to 599 Brealey Drive, Peterborough, ON K9J 7B1.

- 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 (2-201A) for information surrounding Academic Integrity. 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.