

Course Outline

Course Title:	Application of Leisure, Physical Activity and Group Exercise		
Course Number:	RECR146	Approval Date:	2025/8/31
Course Hours:	60 hours	Academic Year:	2025
Academic School:	Health and Community Services		
Program Co-ordinator or Equivalent:	Sue Garfat - Susan.Garfat@flemingcollege.ca		
Dean (or Chair):	Kym Kvasnak - Kym.Kvasnak@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.

Work Integrated Learning: Service Learning

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, fitness, 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. Fitness & Health Promotion/Recreation Leisure Services - Application of Leisure, Physical Activity, & Group Exercise Laboratory Manual (rSummer 2024). Peterborough, ON: Fleming College. Available on D2L in RECR146.
2. Students must get an FHP t-shirt from the campus store to be worn during in-person classes at the Peterborough Sport and Wellness Centre.
3. Students should bring a yoga mat and refillable water bottle to gym fitness sessions.

Costs for learning resources can be found on the Campus Store website, using the links below, or by visiting the Campus Store location at your campus.

- Sutherland: <https://www.bkstr.com/sfleming-sutherlandstore/home>
- Frost: <https://www.bkstr.com/sfleming-froststore/home>

Assessment Summary

Assessment Task	Percentage
Quizzes	12%
Applied Learning	88%

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:	2025 Fall	Session Code: DC
Program Co-ordinator or Equivalent:	Sue Garfat - Susan.Garfat@flemingcollege.ca	
Dean (or Chair):	Kym Kvasnak - Kym.Kvasnak@flemingcollege.ca	
Academic Planning and Operations Department:	Jonathan Taylor - jonathan.taylor@flemingcollege.ca	

Learning Plan

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 1 & 2	Course Introduction; What is Leisure, Physical Activity and Group Exercise; Identifying Sedentary Behaviour and Physical Activity; Lab: Leisure Activities	1-3	1. Ongoing professionalism 2. Weekly task(s) 3. Reflection #1
Week 3 & 4	First Steps to Increasing Physical Activity; Prescribing and Tracking Physical Activity (SITT/FITT); Planned Recreation Field Trip	1-3	1. Ongoing professionalism 2. Weekly task(s) 3. Reflection #2
Week 5 & 6	Components of a Training Session - Warm ups; Lab: Physical Activities Planned Recreation Field Trip	1-3	1. Ongoing professionalism 2. Weekly task(s) 3. Reflection #3
Week 7 & 8	Components of a Training Session - Aerobic Fitness; Lab: Group Exercise Dynamic Stretching Practical Exam; Static Stretching Practical Exam	1-3	1. Ongoing professionalism 2. Weekly task(s) 3. Dynamic Stretching Practical 4. Static Stretching Practical
Week 9 & 10	Components of a Training Session - Stretching; Components of a Training Session - Strengthening; Lab- Group Exercise Planned Recreation Field Trip	1,2	1. Ongoing professionalism 2. Weekly task(s) 3. Reflection #4
Week 11 & 12	Prescribing Physical Activity Group Presentations	1,2	1. Ongoing professionalism 2. Weekly task(s) 3. Prescribing Physical Activity Presentations

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 1-12	1-3	5%
Weekly Tasks: Each week students will be assigned tasks to complete that are specific to the topic being covered. - HR rate worksheet - SMART Goals - Surveys/ Questionnaires - Physical Fitness Logs - Student lead group activities	Weeks 1-12	1-3	20%

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
Reflections: For each leisure, physical activity or group exercise 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 1-12	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 9-12	1	25%
Static Stretching Oral Practical Exam: Students will be required to coach a client or a group through their assigned static stretches.	Week 9-12	3	15%
Dynamic Stretching Oral Practical Exam: Students will be required to coach a client or a group through their assigned dynamic stretches.	Week 9-12	3	15%

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.

Artificial Intelligence (AI) Statement

NO ASSESSMENTS. Generative AI tools (like ChatGPT) may only be used to assist exploratory learning and cannot directly contribute to any assessment as part of this course.

It is the responsibility of students to maintain a history of records and supporting documentation to demonstrate their efforts in all academic submissions, even if submission of these is not part of the final academic deliverable.

Exemption Contact

transfercredit@flemingcollege.ca

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 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.