

# FLEMING

## Course Outline

<b>Course Title:</b>	Foundations of Fitness, Recreation and Leisure		
<b>Course Number:</b>	RECR22	<b>Approval Date:</b>	2025/8/31
<b>Course Hours:</b>	45 hours	<b>Academic Year:</b>	2025
<b>Academic School:</b>	Health and Community Services		
<b>Program Co-ordinator or Equivalent:</b>	Sue Garfat - Susan.Garfat@flemingcollege.ca		
<b>Dean (or Chair):</b>	Kym Kvasnak - Kym.Kvasnak@flemingcollege.ca		

## Course Description

This course will trace the evolution of leisure philosophy and thinking from ancient to modern time. It will explore community development and trace the historical evolution of leisure and recreation service delivery in a Canadian context. It will examine key sectors of the fitness leisure and recreation field including non-profit, private sector and governmental service delivery. It will explore current, emerging trends, and career options in the field of fitness, leisure and Recreation.

**Prerequisites:** None.

**Corequisites:** None.

## Course Delivery Type

**Hybrid Synchronous.**

Some course hours are delivered online synchronously with specified meeting times and some hours will be delivered in person. Delivery locations and times are specified on the academic timetable.

## Learning Outcomes

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

1. At an introductory level, recognize community opportunities for a diverse population to lead a healthy lifestyle through increased physical activity, recreation, and leisure.
2. At an introductory level, examine strategies to support increased participation in physical activity, recreation, leisure, and wellness opportunities for a diverse population within a community.

3. At an introductory level, create strategies to support personal engagement in physical activity, recreation, and leisure to enhance personal wellness.

## Learning Resources

Tunks, L. and Lauzon, L. (2025). An Invitation to Health, 7th Canadian edition. Toronto, ON: Cengage Learning Canada.

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
Applied Learning	50%
Tests	50%

## 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>)

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 \(AES\)](#) 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/](http://www.tcu.gov.on.ca/pepg/audiences/colleges/progstan/)).

## Detail Plan

<b>Term:</b>	2025 Fall
<b>Program Co-ordinator or Equivalent:</b>	Sue Garfat - Susan.Garfat@flemingcollege.ca
<b>Dean (or Chair):</b>	Kym Kvasnak - Kym.Kvasnak@flemingcollege.ca

## Learning Plan

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 1	Online Synchronous Lecture: Welcome and Course Introduction In person Seminar: Introduction to Course, expectations, rubrics, assessments	1-3	Ongoing formative assessment Professionalism

<b>Wks/Hrs Units</b>	<b>Topics, Resources, Learning, Activities</b>	<b>Learning Outcomes</b>	<b>Assessment</b>
Week 2	Online Synchronous Lecture: Definitions: Physical Activity, Recreation and Leisure In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
Week 3	Online Synchronous Lecture: Elements of a Fitness Session In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
Week 4	Online Synchronous Lecture: Principles of Fitness In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
Week 5	Online Synchronous Lecture: Leadership Principles, Cardiovascular and Strength Guidelines In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
Week 6	Online Synchronous Lecture: Ability, Disability and Inclusion In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
Week 7	Online Synchronous Lecture: Test One: online: Date and Time: TBD In person Seminar: test one preparation	1-3	Ongoing formative assessment Professionalism Test One
Week 8	Independent Study Week		
Week 9	Synchronous Lecture: Populations: Modifications and Accommodations In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
Week 10	Synchronous Lecture: Physical Literacy In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
Week 11	Synchronous Lecture: Recreation and Leisure: Measuring the Impact of SPAR In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
Week 12	Synchronous Lecture: Recreation and Leisure: Framework for Recreation in Canada In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
week 13	Synchronous Lecture: Consolidation In person Seminar: application activities and tasks	1-3	Ongoing formative assessment Professionalism Seminar activities and tasks
week 14	Synchronous Lecture: Test two preparation In person Seminar: Test Two: online: date and time: TBD	1-3	Ongoing formative assessment Professionalism Test two

<b>Wks/Hrs Units</b>	<b>Topics, Resources, Learning, Activities</b>	<b>Learning Outcomes</b>	<b>Assessment</b>
week 15	Synchronous Lecture: course wrap up In person Seminar: course wrap up	1-3	Ongoing formative assessment Professionalism

## Assessment Requirements

<b>Assessment Task</b>	<b>Date/Weeks</b>	<b>Course Learning Outcome</b>	<b>Percentage</b>
Seminar Activities and Tasks: Each week students will have the opportunity to apply the theoretical knowledge to theme based assigned activities and tasks. The students will be assessed based on engagement, small group and large group contribution. Ten seminars are graded and students must attend the in person seminar to be eligible for grading. Each seminar week is worth 4% (10 weeks at 4% = 40% total value).	Weeks 2,3,4,5,6,9,10,11,12 and 13: Seminar Tasks	1-3	40%
Test One: on D2L quiz: content is week 1-6 inclusively. Date and time TBD	Week 7: Test One	1-3	25%
Test Two: on D2L quiz: content is week 9-13 inclusively. Date and time TBD	Week 14: Test Two	1-3	25%
Professionalism: Students will be assessed throughout the semester on their accountability, engagement, respectful/positive attitude and feedback reception and implementation	Weeks 1-15: Professionalism	1-3	10%

The learning sequence may change based on the professor's discretion

The assessment sequence and method may change based upon the professor's discretion.

Assessment Comments:

1.Pass mark is 50%

2. Tests must be written within the testing window to be eligible for grading. Missed tests will be assigned a grade of zero but must be written to demonstrate achievement of learning outcomes.

3.The professor reserves the right to grade the student individually within group assignments should it be deemed necessary and appropriate.

4.Students are required to attend all mandatory meetings, workshops and/or tutorials as deemed appropriate by faculty.

5. Assignments will be marked for written conventions and use of professional language.
6. The course will follow the College Policy for Academic Integrity
7. To achieve a grade for a seminar, the student must attend and engage in the class.
8. This course is a "no use of AI" course.

## Artificial Intelligence (AI) Statement

**NO USE.** Use of generative AI tools (like ChatGPT) is not permitted in 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](mailto: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.
- Missed tests will be assigned a grade of zero but must be written to demonstrate achievement of learning outcomes.
- 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 & 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.