FITT 2264 Practicum (or Field Experience)- Health and Physical Education
General Course Master Syllabus

Instructor Name:

Course Name and Number:

Section Number and Synonym:

Course Schedule/Outline: see individual instructor syllabus

Office Hours:

Office Location and Number:
Phone, Email, Website, etc:
Arranging Conferences/Appointments:
Textbooks: None Required

Course Description – Practical, general workplace training supported by an individualized learning plan developed by the employer, college, and student. The plan relates the workplace training and experiences to the student's general and technical course of study. This is a capstone course.

Prerequisite Courses: FITT 1343 and FITT 2409

Co-Requisite Courses: None

Instructional Methodology – Off-site lab based instruction

Course Rationale:

This course offers practical experience in a fitness facility. Multiple learning objectives direct the student to complete exposure of how fitness facilities are operated. A minimum of 224 hours of on-site participation are required. A student may choose a secondary site to complete a portion of the required hours with approval of the Faculty Advisor. This type of practicum will be referred to as a "hybrid" with no more than 25% of the required hours completed at the secondary site. These hours will be written in a personal journal that will describe the learning experiences of the student and submitted to the Faculty Advisor at the conclusion of the course. Additional requirements may be added by the Internship Supervisor at the secondary site.

Common Course Objectives/Outcomes:

Upon completion of the course the student will be able to:

a. Understand the organizational layout of the facility in terms of personnel hierarchy and job responsibilities.

b. Demonstrate competence in front desk operation, equipment maintenance and general repair.

c. Describe the emergency procedures for minor and serious injury.

d. Describe all services offered to clientele and the associated costs, restrictions and benefits.

e. Observe a pre-test interview of a client, a cardiovascular assessment, and a strength assessment of a client.

f. Actively participate in multiple seminars, special events or classes offered by the facility.

Grading System - The FITT Program uses the following grading scale when assigning performance grades in theory and lab courses:

A = 90-100% B = 80-89% C = 70-79% D = 60-69% F = <60%

Course Policies (lecture/lab)* –

Learning Specific Goals	30%
Final Project	20%
Mid hour Performance Eval	10%
Mid hour Site Visit	10%
Final Performance Eval	20%
Final Project Presentation	10%

SCANS Competencies:

Interpersonal Skills - Works with others

SCANS Foundations:
Locates, understands, and interprets written information in prose and in documents such as manuals, graphs, and schedules (Reading)

Communicates thoughts, ideas, information, and messages in writing; and creates documents such as letters, directions, manuals, reports, graphs, and flow charts (Writing)

Displays responsibility, self-esteem, sociability, self-management, and integrity and honesty (Personal Qualities)

Program Specific Learning Outcomes:

1. Demonstrate functional ability to perform basic fitness assessment skills and use of basic training equipment for an apparently healthy adult
2. Describe wellness and its role in health.

3. Describe a standard fitness facility in organization structure, financial management and legal concerns.
4. Demonstrate the capacity to integrate anatomical structures in regards to human movement.
5. Articulate acute and chronic adaptations of multiple human systems to overloads created by resistance, aerobic and anaerobic methods of training.
6. Create and implement a comprehensive training program for an individual that demonstrates appropriateness and goal oriented design elements.
7. Demonstrate professionalism in the workplace and the ability to work with others.
8. Demonstrate functional ability to perform advanced fitness assessment skills.
9. Demonstrate the skills required to teach exercise in a variety of group settings.
10. Exhibit the ability to use a variety of training equipment for an apparently healthy adult and a special population adult.

Personal Fitness Trainer Students: In order to fulfill the program requirement of this course for either the certificate or the AAS, you must achieve a final grade of a “C” or better. Scores lower than this will not be credited to your required curriculum.