C:	THRT 2309 D: Physical F	Re Da Cu	Revision, Section(s) evised: atte of Previous Revision: arrent Date: ssessment and Programming Z5 November 2004 E: 3				
	Subject & Course No. Desc.	riptive Ti	tle Semester Credits				
F:	Calendar Description:						
G:	physical fitness. Students will examine health-reprocedures, the design and evaluation of individu	pares the student to plan, implement and evaluate recreation and health programs involving s. Students will examine health-related fitness, motor fitness and functional fitness. Assessment design and evaluation of individual and group fitness programs, as well as fitness class promotion will be emphasized for people of different ages, cultures and abilities. H: Course Prerequisites:					
			BIOL 1109 and BIOL 1209				
		I:	Course Corequisites:				
			NIL				
1		J:	Course for which this Course is a Prerequisite				
			THRT 3506				
		K:	Maximum Class Size:				
	Number of Weeks per Semester:		30				
L:	Flexible delivery ranging over 1 to 15 weeks ynging						

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Activity Selection and Adaptation

- Activity analysis
- Activity adaptations for physical fitness
- Choose appropriate fitness activities based upon activity analysis
- Adaptations for individuals with physical, psychological and /or cognitive impairments

O: Methods of Instruction

- Lecture/discussion
- Role modeling
- Case studies
- Small group leadership
- Videotaping leadership of self and others
- Peer feedback

P: Textbooks and Materials to be Purchased by Students

A list of recommended textbooks and materials is provided for students at the beginning of each semester.

Resources include:

- Selected readings from a variety of TR practice textbooks
- Selected audio-visual and computer resources
- Selected readings from books and journals
- **Q:** Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations.

An evaluation schedule is presented at the beginning of