CLINICAL PRACTICE IN FITNESS/HEALTH
Course Syllabus

Course Number: FITS-0118
OHLAP Credit: No
OCAS Code: None
Course Length: 60 Hours
Career Cluster: Health Science
Career Pathway: Therapeutic Service
Career Major(s): Fitness Specialist

Pre-requisite(s):

Course Description: This course provides students with work-based learning experiences. Students perform skills associated with the fitness professions.

Textbooks: Instructor developed WBE packet (LAP)

Course Objectives: A. Students will demonstrate skill and professionalism in the clinical setting in the following areas:
1. Strength training
2. Flexibility
3. Cardiovascular conditioning
4. Individualized programs for injury prevention
5. Individualized programs for general fitness enhancement
6. Exercise techniques and teaching tips
7. Types of weights
8. Techniques to improve cardiovascular health, strength, and flexibility

1 ODCTE Objective
All unmarked objectives are TTC instructor developed.

Teaching Methods: The class will primarily be taught by the lecture and demonstration method and supported by various media materials to address various learning styles. There will be question and answer sessions over material covered in lecture and media presentations. Supervised lab time is provided for students to complete required projects.

2. Each course must be passed with seventy (70%) percent or better.
3. Grading scale: A=90-100%, B=80-89%, C=70-79%, D=60-69%, F=50-59%.
4. Career Major grades established during coursework are a major criteria in successfully obtaining certification.
Tulsa Technology Center campuses are owned and operated by Tulsa Technology Center School District No. 18. All programs provide students the opportunity to work with professionally certified instructors in modern, well-equipped facilities.

The student may be eligible to take state, national or industry exam after completion of the program. College credit may be issued from Oklahoma State University-Okmulgee or Tulsa Community College. See program counselor for additional information.

The student must maintain a grade point average of 2.0 or better.