



IslandFitnessCouncil
DEVELOPING ACTIVE LIVING LEADERS

Basic Fitness Theory Course Content

Historical Perspective

(1 hour)

- Federal Government Involvement
- Provincial Government Involvement
- National Fitness Leadership Alliance
- National Organizations for Fitness
- IFC Certification/Re-certification Process

Healthy Lifestyles

(1 hour)

- Active Living
- Lifestyle Behaviors
- Holistic Fitness and Self Responsibility
- Intrinsic and Extrinsic Reasons for Improving Fitness
- Health Risk Factors Associated with Coronary Heart Disease

Principles of Conditioning

(1.5 hours)

- Components of Fitness
- Basic Training Principles
- FITT Formula
- Monitoring Exercise Intensity

Physiology of Exercise

(2 hours)

- The Heart and Circulatory System
- The Respiratory System
- The Energy Systems
- Maximum Oxygen Uptake
- Long Term Effects of Exercise on the Cardiovascular and Respiratory Systems

Skeletal System

(2 hours)

- Anatomical Body Positions
- Movement Terminology
- The Skeletal System
- The Vertebral Column
- Joints

Muscular System

(5 hours)

- Muscular Anatomy
- The Sliding Filament Theory
- Types of Muscle Contractions
- Muscles and Their Movements
- Agonist/Antagonist Muscles

Movement Mechanics

(1 hour)

- Lever Systems
- Stability
- Centre of Gravity

Safety and Common Injuries

(1.5 hours)

- Preventive Measures
- Injuries - Prevention and Cause
- Common Injuries

Exercise Analysis

(2 hours)

- Guidelines for Designing Exercises
- Contraindicated Exercises

Nutrition

(2 hours)

- The Essential Nutrients
- Canada's Guidelines for Healthy Eating
- Food Labels
- Energy Balance
- Nutrient Supplements
- Body Mass Index

Leadership

(2 hours)

- Adult Learning Principles
- Leadership Styles
- Communication
- Giving and Receiving Feedback

Legal Liability

(1 hour)

- The Law
- Potential Negligence Situations
- Waivers, Informed Consent and the PAR-Q
- Suggestions for Purchasing Liability Insurance

Exam Review

(1 hour)

Exam

(1 hour)

Total Hours: 24