UNIVERSITY COLLEGE of the FRASER VALLEY

COURSE IMPLEMENTATION DATE:
COURSE REVISED IMPLEMENTATION DATE: September 2006
COURSE TO BE REVIEWED: February 2010
(Four years after UPAC final approval date) (MONTH YEAR)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.
Shaded headings are subject to change at the discretion of the department and the material will vary - see course syllabus available from instructor

FACULTY/DEPARTMENT: **Business / Aviation**

AV351	**AV350A**	**.5**
COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS

Fitness
COURSE DESCRIPTIVE TITLE

CALENDAR DESCRIPTION:

Pilots must be in good physical health to maintain the medical requirements of a commercial licence. Fitness training is therefore an integral part of the aviation program. Each fitness course consists of two physical fitness evaluations and a minimum attendance requirement of two sessions per week at a local fitness centre. The aim is to improve physical fitness and to develop good fitness habits for the future.

PREREQUISITES: **AV 252**
COREQUISITES: **AV 405**

SYNONYMOUS COURSE(S)
(a) Replaces: **AV350A** *(Course #)*
(b) Cannot take: **AV351** *(Course #)* for further credit.

SERVICE COURSE TO:
(Department/Program)
(Department/Program)

TOTAL HOURS PER TERM: **25**
STRUCTURE OF HOURS:

Lectures:		Hrs
Seminar:		Hrs
Laboratory:	**25**	Hrs
Field Experience:		Hrs
Student Directed Learning:		Hrs
Other (Specify):		Hrs

TRAINING DAY-BASED INSTRUCTION
LENGTH OF COURSE:
HOURS PER DAY:

MAXIMUM ENROLLMENT: **30**
EXPECTED FREQUENCY OF COURSE OFFERINGS: **1**

WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)	☐ Yes	☒ No
WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)	☐ Yes	☒ No
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:	☐ Yes	☒ No

AUTHORIZATION SIGNATURES:

Course Designer(s): Jill Spencer
Chairperson: Jeff Durand *(Curriculum Committee)*
Department Head: Vladimir Dvoracek
Dean: Karen Evans
UPAC Approval in Principle Date:
UPAC Final Approval Date: February 3, 2006

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

To improve physical fitness and to develop good fitness habits for the future.

METHODS:

Students are required to attend a local fitness facility a minimum of twice per week of the semester. Personal trainers can arrange individiual programs for students to assist them to improve their physical fitness.

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check:) ☐ Yes ☒ No

METHODS OF OBTAINING PLAR:

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

none

SUPPLIES / MATERIALS:

none

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

A mark will be issued utilizing the Letter Grade System based upon:
Assignment - 20%
Fitness Evaluation - 30%
Attendance - 50%
Total - 100%

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

see Methods above.