



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – FALL 2016**

**PF1910 – FITNESS PRACTICUM – 3 (1-0-4)75 HOURS**

**INSTRUCTOR:** Laura Hancharuk                      **PHONE:** 780-539-2440 office, 780-831-4608 text  
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**OFFICE HOURS:** By appointment

**CALENDAR DESCRIPTION:**

A theoretical and practical course on techniques in fitness leadership for individuals and groups.

**PREREQUISITE(S)/COREQUISITE:** PF1980, PA1981 and PF 2900.

NOTE: PE 1910 is for Personal Trainer Diploma students only.

**REQUIRED TEXT/RESOURCE MATERIALS:**

**NSCA's Essentials of Personal Training, 2<sup>nd</sup> Edition**

Coburn, J.W., and Malek M,H. (2012). . Champaign, IL, Human Kinetics.

**DELIVERY MODE(S):** The course work includes roundtable discussions, lectures and practicum hours in the community.

## **COURSE OBJECTIVES:**

1. To provide practical experience in the fitness leadership industry including: employment interviews, program planning/design and instruction in professional settings for a minimum of 52 hours. The 52 hours will include working within fitness facilities/agencies; shadowing and interviewing PTs, interviewing PT clients; required observation of and participation in exercise classes; and conducting exercise consultations. All experiences must be recorded and included in the student's logbook.
2. To provide theoretical knowledge in the areas of basic fitness theory and fitness leadership. Students will be involved in seminars related to personal training issues.
3. To develop exercise and stretching resources that will be included in future consultation packages.
4. To expose students to situations that will develop invaluable networks within the fitness and medical communities for referrals.
5. To create the experience of mentoring first year Fitness Leadership Students, allowing students to provide guidance and assistance throughout the term in areas of fitness knowledge. (Able to use 3-5 practicum hours toward this).

## **LEARNING OUTCOMES:**

1. The student will understand at least one or two niche markets in the fitness industry, and gain practical experience working with each.
2. The student will learn to network with industry leaders, facility managers, local personal trainers and medical professionals.
3. The student will compare a variety of exercise classes and be able to evaluate each based upon class content; exercise technique; and the teaching effectiveness of different instructors.
4. Students will become familiar with a variety of exercises and stretches and are able to accommodate a client's individual needs.
5. The student will develop the necessary resources and skills to conduct thorough exercise consultations.

## **TRANSFERABILITY:**

Not officially transferable to other institutions at this time.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

## EVALUATIONS:

Consultation Form	Due: Sept. 19	10%
Referral Directory	Due: Oct. 17	5%
Personal Training Position Paper	Due: Submit with final logbook	15%
YouTube Exercise Assignment	Due: Nov. 4	30%
Practicum Logbook	Due: Oct.24(midterm), Nov.28 (Final)	30%
Agency Evaluations	Include in Logbook submissions	10%

\*\* Late assignments will be deducted 10% per day.

\*\* All grading criteria and examinations must be completed to receive course credit.

Seminar attendance is mandatory. Those students who have 3 unexcused absences may not receive course credit. A warning will be given to the student after 2 unexcused absences.

## GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	MINIMAL PASS
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
F	0.0	0 – 59	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

## COURSE SCHEDULE/TENTATIVE TIMELINE:

PF1910 consists of two instructional sessions per week (110 min and 50 min), and 52 hours of practicum experience over the semester.

Lectures	Monday	11:00am - 12:50pm	J204
	Friday	10:00 - 10:50am	J204

<b>Sept.2</b>	Orientation, Practicum Opportunity Overview, Sign up for Interview Time
<b>Sept.5</b>	No class. Labour Day Holiday
<b>Sept.9</b>	No class. Individual Goal Setting Interviews booked for week of Sept.8-11
<b>Sept.12</b>	Seminar #1: Conduct of a Personal Trainer/ Customer Service
<b>Sept.16</b>	Seminar #2: Observation of an exercise consult
<b>Sept.19</b>	Roundtable ~Practicum Placements Announced: Official Start~ <b>CONSULT FORMS DUE</b>
<b>Sept.23</b>	No class. Practicum Hours.
<b>Sept.26</b>	Roundtable discussion.
<b>Sept.30</b>	No class. Practicum Hours.
<b>Oct.3</b>	Roundtable discussion.
<b>Oct.7</b>	No class. Practicum Hours.
<b>Oct.10</b>	No class. Thanksgiving Holiday
<b>Oct.14</b>	No class. Practicum Hours.
<b>Oct.17</b>	Roundtable discussion. <b>REFERRAL DIRECTORY DUE</b>
<b>Oct.21</b>	No class. Practicum Hours.
<b>Oct.24</b>	Roundtable discussion. <b>LOGBOOK SUBMISSION #1 DUE</b>
<b>Oct.28</b>	No class. Practicum Hours.
<b>Oct.31</b>	Roundtable discussion.
<b>Nov.4</b>	Seminar #3: TBA. <b>EXERCISE VIDEO ASSIGNMENT DUE</b>
<b>Nov.7</b>	No class. Practicum Hours.
<b>Nov.11</b>	No class. Fall Break.
<b>Nov.14</b>	Roundtable discussion.
<b>Nov.18</b>	No class. Practicum Hours.
<b>Nov.21</b>	Seminar #4: TBA
<b>Nov.25</b>	No class. Practicum Placements end.
<b>Nov.28</b>	<b>Final Agency Evaluations &amp; Logbooks Due.</b> Potential Guest Speaker.
<b>Dec.2</b>	No class.
<b>Dec.5</b>	Attend Final Class.

**STUDENT RESPONSIBILITIES:**

Refer to the College Policy on Student Rights and Responsibilities at [www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

**STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

\*\*Note: all Academic and Administrative policies are available on the same page.