

W.O.O

Grande Prairie Regional College
Department of Physical Education, Athletics & Kinesiology

Course Outline
PF 1910
Fitness Leadership Practicum

Instructor: Laura Hancharuk **Office:** M102 **Phone:** 539-2816

Course Times: Tuesdays & Thursdays
11:30am – 12:50pm **Location:** H211

Course Description:

A theoretical and practical course on techniques in exercise prescription for individuals and groups. The AFLCA Fitness theory course will be completed during this time.

Prerequisite/Corequisite:

Current BCLS (CPR), PE 1000 (Human Anatomy)

NOTE: PE 1910 is for Fitness Leadership Diploma students only. This class has supplemental costs for evaluations and certifications.

Course Objectives:

1. 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.
2. To develop practical experience in the fitness leadership industry including: employment interviews, program planning, design and instruction in a professional setting for a minimum of 52 hours.
3. To obtain AFLCA certification by challenging provincial exam. Exam fee of \$21.40 is required- this fee covers exam plus AFLCA Fitness Theory Manual.

Required Text: *AFLCA Fitness Theory Manual*
Alberta Fitness Leadership Certification Association
2nd Edition. 1998

Attendance:

Attendance and active participation are fundamental requirements to this course. It is the policy of the Department of PEAK that a student missing more than 10% (3 days) for unexcused absences may not be allowed to write the final exam.

Transferability:

This course is currently not transferable to the University of Alberta.

Evaluation:

1.	Seminar Attendance/Participation	5%
2.	Resume	5%
3.	Practicum	
	*Logbook	20%
	*Agency Evaluation	25%
4.	AFLCA Observation	20%
5.	AFLCA Provincial Exam (Must achieve a grade of 80% or higher to pass)	25%