



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

COURSE OUTLINE – WINTER 2019

PF 2900: Fitness Assessment & Advanced Counseling – 3 (1-0-3) 60 Hours for 13 Weeks

INSTRUCTOR: Lorelle Warr **PHONE:** 780-539-2978
OFFICE: K216 **E-MAIL:** lwarr@gprc.ab.ca
OFFICE HOURS: By appointment or drop in.

CALENDAR DESCRIPTION:

Students will gain both theoretical and practical knowledge in fitness assessment and counseling techniques. Upon completion, students must pass both the written and practical final exams as a prerequisite to get credit for PF2900 and enter into PF2920 and PF1910.

PREREQUISITE(S)/COREQUISITE: PE1000, PE1015, PE2200, PE1030

REQUIRED TEXT/RESOURCE MATERIALS:

CSEP-PATH Physical Activity Training for Health (2nd edition) by Canadian Society for Exercise Physiology (2019).

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, assignments, and in-class exercises.

COURSE OBJECTIVES:

1. Provide students with a basic understanding of physiological changes that occur during exercise and fitness testing situations.
2. To provide students with theoretical knowledge and practical skills in the fitness assessment techniques used in the CSEP-PATH and Certified Personal Trainer (CPT) protocols, among others.
3. To provide the students with the opportunity to develop and implement counseling skills related to fitness and lifestyle issues.
4. To fulfill course requirements for the CSEP-CPT designation and prepare students to challenge both the written and practical National CSEP-CPT exams.

LEARNING OUTCOMES:

1. The student will be competent in conducting the CSEP-PATH fitness assessment protocols and modified fitness assessment protocols for older adults.
2. The student will have an understanding of RCMP PARE testing, Physical Literacy education for children and youth, and Military and Firefighting testing.

3. The student can deliver the results of fitness assessments to clients using various counseling methods and is comfortable discussing fitness and lifestyle topics to motivate clients to exercise.

TRANSFERABILITY:

This course is not transferrable to other academic institutions.

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferralberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Blood Pressure Testing 10% Assessment of ability to take blood pressure readings following the protocol covered in this course.	Week of: February 24, 2020 March 30, 2020
Body Composition Skill Assessments 10% Assessment of ability to take body composition readings following the protocols covered in this course.	Week of: February 24, 2020 March 30, 2020
Online Quizzes 15% Quizzes that are completed after the online lecture. Lectures and quizzes are posted on Moodle.	For each posted quiz will be due Friday at 10:00am
Fitness Appraisal Testing Logbook 15% See assignment sheet, posted on Moodle, for details.	March 6, 2020 April 3, 2020
Practical Final Exam 25% Assessment of practical skills learned throughout the semester.	Schedule TBD
Written Final Exam 25% Assessment of theoretical skills learned throughout the semester.	TBD - During Exam Week.

***STUDENTS MUST PASS BOTH THE WRITTEN AND PRACTICAL FINAL EXAMS AS A PRE-REQUISITE TO GET CREDIT FOR PF2900 AND ENTER INTO PF2920 AND PF1910.**

*Attendance is mandatory. Those students who have 3 unexcused absences will NOT be permitted to write the final exam.

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		F	0.0	00-55
B	3.0	73-76				
B-	2.7	70-72				

COURSE SCHEDULE/TENTATIVE TIMELINE:

Class: A213 Lab: M119

Week	Class Type	Topic	Reading
Week 1 Jan 6	Lab	Observe a full fitness appraisal	Section 4: CSEP-PATH (p. 1-61)
	Lecture	Introduction, Expectations, CPT Background, Requirements, S.O.P.	Professional Concepts (p. 1-16)
Week 2 Jan 13	Lab	Assessing Heart Rate/Blood Pressure	Section 1: Basic Anatomy (p.16-20) Section 4: CSEP-PATH (p. 14-16)
	Lecture	Definitions, Foundations, and Introduction to Assess	Section 2: Lifestyle Behaviours & Health (p. 1-16)
Week 3 Jan 20	Lab	Healthy Body Composition	Section 4: CSEP-PATH (p. 26-31)
	Lecture	Musculoskeletal Fitness Theory	Section 4: CSEP-PATH (p. 40-61)
Week 4 Jan 27	Lab	Musculoskeletal Fitness	Section 4: CSEP-PATH (p. 40-61)
	Lecture	Forms and Paperwork	Section 4: CSEP-PATH (p. 11-18) Toolkit
Week 5 Feb 3	Lab	Cardiovascular Testing: MCAFT Protocol	Section 4: CSEP-PATH (p. 32-35, 39)
	Lecture	Cardiovascular Theory	Section 4: CSEP-PATH (p. 16-20)
Week 6 Feb 10	Lab	Open Lab	
	Lecture	Determining the results	Section 4: CSEP-PATH (p. 20-61)
Feb 17-21, 2020 Winter Break			
Week 7 Feb 24	Lab	Blood Pressure and Body Composition Test 1	
	Lecture	Counseling Lecture: Advise	Section 3: Behaviour Change (p. 1-18)

			Section 4: CSEP-PATH (p. 62-64)
Week 8 Mar 2	Lab	Counseling and Case Study Practical	Section 3: Behaviour Change (p. 1-18) Section 4: CSEP-PATH (p. 62-64)
	Lecture	Counseling Tools and Review Website Resources	Toolkit
Week 8 Mar 9	Lab	Counseling Practical: Case Studies with use of tools	
	Lecture	Older Adult Fitness Testing	Section 10: Training for Older Adults (p. 1-14)
Week 9 Mar 16	Lab	Older Adult Fitness Appraisal <i>Spot Tests for Final Practical Exams</i>	Section 10: Training for Older Adults (p. 1-14) Older Adult Fitness Tests (Online)
	Lecture	Physical Literacy	Section 6: Training for Children & Youth (p. 1-14)
Week 10 Mar 23	Lab	PARE testing and Physical Literacy	
	Lecture	Other types of Fitness Testing (Military, Firefight, etc.)	
Week 11 Mar 30	Lab	Blood Pressure and Body Composition Test 2	
	Lecture	Review	
Week 12 Apr 6	Lab	No Labs	
	Lecture	No Class - Good Friday	
Week 13 Apr 13	Lab	No Labs	

- Practical time is to be used accordingly. Students may sign out BP cuffs and Skinfold Calipers to practice at home. BP Cuffs and stethoscopes are also available for purchase in the bookstore or EBay/Amazon.

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- **All assignments must be submitted in typed, double spaced, and adhering to APA referencing requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**

- **Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**
- **Students who choose to make attendance intermittent may be excused from the final evaluation processes following three (3) unexcused absences. Students should make it a priority to communicate times and reasons they may not be able to attend BEFORE the absence. Attendance is mandatory at all practice sessions.**

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 Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

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

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.