

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

**Course Outline
PF 2900
Fitness Assessment & Advanced Counseling**

Instructor: Laura Hancharuk

Office: M102

Phone: 539-2440

Office hours posted on door.

Email: LHancharuk@gprc.ab.ca

Course Times: Monday 1 – 1:50pm **Location:** L123
Wednesday 8:30-11:30am **Location:** L124

Course Description:

Students will gain both theoretical and practical knowledge in fitness assessment and counseling techniques. Upon completion, students will fulfill both the written and practical exams of the CSEP Health & Fitness Program's Canadian Physical Activity, Fitness & Lifestyle Approach.

Pre/Co-requisites: PE 1000 Anatomy, PE 1020 Physiology; PE 1100 Fitness & Health;
PY 1040 Psychology

Students will be required to submit PE 2000 transcripts to pursue the CPT Certification

Course Objectives:

1. To develop and implement advanced counseling skills in the area of fitness and lifestyle issues.
2. To provide students with opportunities to develop fitness assessment techniques used in the CPAFLA and CPT protocols.
3. To obtain Certified Fitness Consultant certification by passing the written and practical national exams.
4. To fulfill course requirements of the Certified Personal Trainer designation.

Lab Fee: This course is subject to a \$15.00 lab fee.

Required Text:

The Canadian Physical Activity, Fitness & Lifestyle Approach Manual
Canadian Society for Exercise Physiology
3rd Edition. 2003

CPT Study Guide (\$45+GST=\$47.70) available from Laura

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:

Currently not approved for transferability to U of A or U of C.

Evaluation:

1.	Blood Pressure Testing	10%
2.	Skinfold Skill Assessments*	10%
3.	Midterm Examination	15%
4.	Counseling Exam	5%
5.	Testing Logbook, Due Dec.7	10%
6.	Final Examination	
	Written (exam week)	25%
	Practical	<u>25%</u>
		100%

- Students are to come to class with their partners already landmarked and the measurements already recorded. However, you will still need to demonstrate the measurement skills again during the examination.
- Students are required to perform at least 8 - 10 Full Fitness Appraisals prior to the final practical exam. L124 can be booked through the Registrar's office by calling Rochelle at 539-2858.