

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

Course Outline
PF 2900
Fitness Assessment & Advanced Counseling

Instructor: Laura Hancharuk

Office: K215

Phone: 539-2440

Office Hours by appointment

Email: LHancharuk@gprc.ab.ca

Course Times:	Lecture: Tuesday	10 – 10:50am	Location: J201
	Lab 1: Wednesday	2:30- 5:20pm	Location: J227
	Lab 2: Thursday	10am -1pm	Location: J227
	Lab 3: Thursday	2:30- 5:20pm	Location: J227

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;

Students will require PY 1040 Psychology; PF 2920 CPT Exercise Prescription and PE 2000 Exercise Physiology and submit their transcripts to CSEP to complete their Certified Personal Trainer Certification.

Course Objectives:

1. Develop 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 CSEP's CPAFLA and CPT protocols among others.
3. To develop and implement advanced counseling skills in the area of fitness and lifestyle issues.
4. To fulfill course requirements of the CSEP Certified Personal Trainer designation and prepare students for the CPT's national written and practical national exams that are taken in PF2920.

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

Delivery Mode(s):

This course includes lectures and labs.

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

CPT Study Guide (\$45+GST=\$47.25)

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.

Cell Phone Policy:

Cell phones, PDA's and pagers must be turned off and placed out of sight in classrooms and labs during instructional time. Devices are to be turned off or set to silent mode. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy, in particular during the fitness testing labs.

Transferability:

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

Evaluation:

1.	Blood Pressure Testing (Feb. 17 and March 31)	10%
2.	Skinfold Skill Assessments* (Feb. 17 and March 31)	10%
3.	Midterm Examination (February 16)	15%
4.	Counseling Terms Quiz (March 16)	5%
5.	Fitness Appraisal Testing Logbook**, Due April 6	10%
6.	Final Examination	
	Written (exam week)	25%
	Practical Exam (April 7-15)	25%
		100%

Note: Students must pass both the written and practical final exams as a prerequisite to get credit for PF2900 and enter into PF2920 and PF1910.

- * 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. J227 and K229 can be booked through the Registrar's office by calling Amy at 780-539-2858.

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>

PF 2900: Course Schedule

Date		Lecture/Lab	Content
January	5	Lecture	Introduction of Course Outline/ Expectations History of CSEP H&FP
	6/7	Lab	Observe a Full Fitness Appraisal
	12	Lecture	CPT Background, Requirements, Scope, Exam Process Definitions, Determinants of Health, Dose/Response (page B 1-4 (points 2-6), B1- B31)
	13/14	Lab	Practical: Heart Rate/Blood Pressure
	19	Lecture	Energy Systems, Cardiorespiratory Physiology-BP
	20/21	Lab	Practical: Healthy Body Composition
	26	Lecture	Musculoskeletal Fitness Theory
	27/28	Lab	Practical: Musculoskeletal Fitness
February	2	Lecture	TBA: Additional Theory
	3/4	Lab	Practical: Cardiovascular Testing Protocol (MCAFT)
	9	Lecture	TBA
	10/11	Lab	Practical: Open lab time
	16	Lecture	Midterm Exam
	17/18	Lab	BP Test 1, Skinfolds Test 1 During Testing: Practice Time in Lab
	23	Lecture	Determining the results
	24/25	Lab	Determining the Results- Body Comp & MCAFT MSE, Composite Scores
March	2	Lecture	Counseling: Understanding Behavior Change- Terms/Stages of Change and Tools for Behavioral Change

March	3/4	Lab	Counseling/ Helping People Change Practical, Case study Results Interpretation
	9		Reading Week- no classes
	10/11		Reading Week- no classes
	16	Lecture	Counseling Quiz
	17/18	Lab	Practical: Counseling
	23	Lecture	TBA
	24/25	Lab	Practical: TBA
	30	Lecture	Review of Calculations
April	31/1	Lab	Skinfolds Test 2, BP Test 2, Open lab for practical of choice during testing time
	6	Lecture	Theory Review
	7/8	Lab	Practical Exam- 3 hours
	13	Lab	Practical Exam- 1 hour
	14/15	Lab	Practical Exam- 3 hours

- 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.
- Attendance is mandatory at all practice sessions.
- Skinfold Testing days, 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. J227 (or our new testing room) can be booked through the Registrar's office by calling Amy at 539-2858.
- The above schedule is a guideline. Changes can be made to meet the needs of the Course Conductor and students.