



## DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY.

### COURSE OUTLINE – WINTER 2011

#### PF 2900 Fitness Assessment & Advanced Counseling– 4 (1-3-0)

**INSTRUCTOR:** Laura Hancharuk      **PHONE:** 780-539-2440  
**OFFICE:** K215      **E-MAIL:** lhancharuk@gprc.ab.ca

**OFFICE HOURS:** By appointment

#### PREREQUISITE(S)/COREQUISITE:

PE 1000 Anatomy, PE 1020 Physiology; PE 1100 Fitness & Health; To complete their CSEP Certified Personal Trainer Certification, students will require PY 1040 Psychology; PF 2920 CPT Exercise Prescription and PE 2000 Exercise Physiology and submit their transcripts to the Alberta CSEP office.

#### REQUIRED TEXT/RESOURCE MATERIALS:

1. **The Canadian Physical Activity, Fitness & Lifestyle Approach Manual**  
Canadian Society for Exercise Physiology  
3<sup>rd</sup> Edition. 2003
2. **CSEP-CPT Study Guide**

#### CALENDAR 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.

#### CREDIT/CONTACT HOURS:

PF2900 consists of one 60 minute lecture and one 170 minute lab per week.

<b>Lectures</b>	Tuesday	10:00 – 11:00am	Room J203
<b>Lab 1</b>	Thursday	10am – 12:50pm	Studio B
<b>Lab 2</b>	Thursday	2:30 – 5:20pm	Studio B

**DELIVERY MODE(S):** The course work includes lectures, class discussions and practical labs.

**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 national CPT exams (written and practical) that are taken in PF2920.

**TRANSFERABILITY: UA**

This course is not currently approved for university transfer.

**GRADING CRITERIA / EXAMINATIONS:**

<b>Blood Pressure Testing</b>	(Feb. 16 and March 29)	10%
<b>Skinfold Skill Assessments*</b>	(Feb. 16 and March 29)	10%
<b>Midterm Examination</b>	(February 14)	15%
<b>Counseling Assignment</b>	(March 13)	5%
<b>Fitness Appraisal Testing Logbook**</b>	Due April 3	10%
<b>Final Examination</b>		
	<b>Written</b> (exam week)	25%
	<b>Practical Exam</b> (April 5-12)	<u>25%</u>
		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.

Attendance is mandatory. Those students who have 3 unexcused absences will not be permitted to write the final exam. A warning letter will be given to the student after 2 unexcused absences.

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

\* 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. Studio B can be booked through the Fitness Centre office by calling Lisa or Matt at 780-539-2007, or email them at [ldeneault@gprc.ab.ca](mailto:ldeneault@gprc.ab.ca) or [mclegg@gprc.ab.ca](mailto:mclegg@gprc.ab.ca). You can then pick up the key from the Fitness Centre staff, you must leave a piece of ID in exchange.

Please book at least one day in advance or by Friday if using the room on the weekend. You are to return the key to the Fitness Centre staff immediately after using the room. Do NOT hand it off to someone else. You will be charged for a replacement key if you do not bring it back immediately afterwards.

**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	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

**STUDENT RESPONSIBILITIES:** All assignments must be word-processed. It is particularly important to save a copy of any written work that is handed in for credit or grading.

**STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:**

Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. 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. This includes classrooms and computer labs.

**STATEMENT ON PLAGIARISM AND CHEATING:**

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.



# COURSE SCHEDULE/TENTATIVE TIMELINE:

Date		Lecture/Lab	Content
January	5	Lecture/Lab	Introduction of Course Outline/ Expectations History of CSEP H&FP Observe a Full Fitness Appraisal
	10	Lecture	CPT Background, Requirements, Scope, Exam Process Definitions, Determinants of Health, Dose/Response, TRIAD approach Reading: Background & Introduction (white tab) p.1-1 through 1-10
	12	Lab	Practical: Heart Rate/Blood Pressure
	17	Lecture	Energy Systems, Cardiorespiratory Physiology-BP
	19	Lab	Practical: Healthy Body Composition
	24	Lecture	Musculoskeletal Fitness Theory
	26	Lab	Practical: Musculoskeletal Fitness
	31	Lecture	TBA: Additional Theory
February	2	Lab	Practical: Cardiovascular Testing Protocol (MCAFT)
	7	Lecture	TBA
	9	Lab	Practical: Open lab time
	14	Lecture	Midterm Exam
	16	Lab	BP Test 1, Skinfolds Test 1, During testing: practice time in the lab
	21	Reading Week- no classes	
	23	Reading Week- no classes	
	28	Lecture	Determining the results
March	1	Lab	Determining the Results- Body Comp & MCAFT MSE, Composite Scores
	6	Lecture	Counseling: Understanding Behavior Change- Terms/Stages of Change and Tools for Behavioral Change
	8	Lab	Counseling/ Helping People Change Practical, Case Study Results Interpretation

	13	<b>Lecture</b>	<b>Counseling Quiz &amp; Mark in Class</b>
	15	<b>Lab</b>	<b>Practical: Counseling</b>
	20	<b>Lecture</b>	TBA
	22	<b>Lab</b>	Practical: TBA
	27	<b>Lecture</b>	Review of Calculations
	29	<b>Lab</b>	<b>Skinfolds Test 2, BP Test 2,</b> Open lab for practical of choice during testing time
<b>April</b>	3	<b>Lecture</b>	Theory Review
	5	<b>Lab</b>	<b>Practical Exam- 3 hours</b>
	10	<b>Lab</b>	<b>Practical Exam- 1 hour</b>
	12		<b>Practical Exam- 3 hours</b>

- 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.
- The above schedule is a guideline. It is a tentative document that may change as the course progresses. It is the student's responsibility to be aware of any changes. Changes will be announced in class or via Moodle.