



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

COURSE OUTLINE – WINTER 2020

PF 2910 – ADVANCED FITNESS PRACTICUM – 3 (0-1-4) 75 HOURS

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-539-2440
OFFICE: K214 **EMAIL:** lhancharuk@gprc.ab.ca

OFFICE HOURS: By appointment

CALENDAR DESCRIPTION:

This course will involve students applying techniques in exercise testing and prescription for individuals/groups. Participants will be involved in integration seminars in the class and in practical experience at local fitness centres.

PREREQUISITE(S)/COREQUISITE:

PF1980 (Resistance Training), PF2900 (Fitness Assessment), PF1910 (Fitness Leadership Practicum), PF2980 (Advanced Conditioning), A passing grade in PF2920 (including both written & practical exams)

REQUIRED TEXT/RESOURCE MATERIALS:

1. Baechle, T.R., and Earle, R.W. (2012). NSCA's Essentials of Personal Training. 2nd ed. Champaign, IL, Human Kinetics.

DELIVERY MODE(S): The course work includes class discussions, lectures and practicum hours in the community.

COURSE OBJECTIVES:

1. To assist students in achieving at least 52 hours of practical experience in personal training. This will be achieved by providing three personal training situations for students by arranging volunteer clients and use of various training facilities.
2. Guide the students in the development of their own training policies, procedures and personal training documents.
3. Provide invaluable opportunities to network with future clientele within the local community.
4. To provide theoretical and practical knowledge in regards to personal training issues.
5. Build a mentorship relationship between first and second year students, allowing 2nd year students to use up to 3 practicum hours toward providing guidance and assistance for the 1st year students throughout the term.

LEARNING OUTCOMES:

1. The student will have an understanding of client management, including, but not limited to fitness testing; goal-setting; program development; exercise instruction; supervision of training sessions; client motivation; and follow-up.
2. The student will have developed strong organizational systems and practices in the personal training industry to immediately implement upon graduation.
3. The student will have the opportunity to turn their volunteer clients into permanent paying clientele.
4. The student will have built a supportive community of peers within the industry.

TRANSFERABILITY:

This course is currently not transferrable to other academic institutions.

EVALUATION:

Personal Training Participant Package (due March 19)	25%
Logbook (Midpoint check: Feb.27. Final logbook due: Apr.9)	50%
Personal Training Evaluations (Feb.25 and Apr.3 –include in your logbook)	15%
Student Participation	10%

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

PF2910 consists of two 80 minute instructional sessions per week, and 52 hours of practicum experience over the semester.

Lectures	Tuesday	1:00 – 1:50pm	J201
	Thursday	1:00 - 2:20pm	J201

Personal Training Supervised Sessions:

Practicum personal training sessions are to be scheduled in the GPRC Fitness Centre, gymnasium or M121 during the following times.

Monday, Wednesday and Fridays from 1-2:20pm and Thursdays from 11:30am-12:50pm

COURSE SCHEDULE/TENTATIVE TIMELINE:

January	7	Orientation/Needs Analysis
		Components of Personal Training
	9	Personal Training Client Objectives
	14	Conducting Yourself/Conducting the Workout/handout Student self-evaluation
	16	Assign Clients, Q & A
	21	Practicums begin by this date
	23	Motivating Your Client
		Roundtable - Check on PT sessions/clients, Q&A
	28	
	30	Roundtable- Student self-evaluation. Goal Setting 1 Due
February	4	
	6	Roundtable
	11	
	13	
	18	Reading Week- no class
	20	Reading Week- no class
	25	No class: Goal Setting 2 Due
		PT Client Eval #1 to be completed this week for clients A and B
March	27	Roundtable Midterm Logbook Due
	3	
	5	Roundtable
	10	
	12	
	17	Goal Setting 3 Due
	19	Roundtable
		PT Participant Packages Due. Have you applied for Convocation?
	24	
	26	
April	31	No class: PT Client Eval #2 to be completed by Friday for ALL clients.
	2	TBA
	7	
	9	Final Class Class Discussion: Where to from here for CSEP? Final Logbooks Due

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
F	0.0	0 – 59	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.

Refer to the College Policy on Student Rights and Responsibilities at www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

- Sending or receiving text messages during personal training hours is not acceptable. In addition, 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 fitness labs.

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

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