

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

Course Outline  
PF 2910  
Advanced Fitness Leadership Practicum

**Instructor:** Laura Hancharuk    **Office:** M102    **Phone:** 539-2440

**Course Times:** Tues/Thurs    1:00 – 2:20 pm    **Location:** H223

**Office Hours:** Tues/Thurs    2:20 - 3:00 pm (Please book appointments in advance.)

**Course Description:**

A theoretical and practical course. Seminars on the business side of personal training, and practicum placements in local fitness facilities utilizing techniques in exercise testing and advanced counseling.

**Prerequisites/Corequisites:**

PA 1980 (Resistance Training), PF1910 (Fitness Leadership Practicum), Certification as an AFLCA Resistance Training or Group Exercise Leader as well as a CFC (Certified Fitness Consultant), must be attained prior to starting practical hours, or conducting fitness appraisals, at fitness facilities.

**Course Objectives:**

1. To provide theoretical and practical knowledge in regards to the business issues of personal training.
2. To develop practical experience in the fitness leadership industry. Including employment interviews, fitness testing, exercise prescription, and administrative opportunities at local fitness facilities.
3. To develop practical experience in one-on-one Personal Training. Including fitness testing; program development; goal-setting; motivation during sessions; and follow-up. Students will work with at least three full-time clients throughout the semester.
4. Gain invaluable opportunities to network within the local fitness community.

**Required Text:** The Personal Trainer's Handbook  
Teri S. O'Brien  
2<sup>nd</sup> Edition. 2003  
Publishers: Human Kinetics, Champaign, Illinois

**Related Texts:** Health Fitness Instructor's Handbook  
Howley & Franks  
Publishers: Human Kinetics, 2003

Canadian Physical Activity Fitness & Lifestyle Appraisal Manual  
3<sup>rd</sup> Edition  
National CSEP Health & Fitness Program

**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, or in this case, complete the course requirements.

**Transferability:**

This course is currently not transferable to the University of Alberta.

**Evaluation:**

1.	Infomercial Critique (5-10 minute presentation)	5%
2.	Class Assignments	10%
3.	Seminar Presentation	15%
4.	Personal Training Participant Package Prepare an entire consultation package to provide to your clients (consultation form, stretches, diagrams, guidelines, testing results, CPAFLA tools)	25%
5.	Practicum Placements	
	Logbook	30%
	Agency/Personal Training Evaluations	15%

**NOTE: BA 1040: Business/Marketing Plan**

The business/marketing plan that is being designed in BA 1040, is to be implemented upon graduation from the Fitness Leadership Diploma Program. FITL students will have additional requirements for that plan. Your design for business cards, brochures and posters will need to be included in your plan.

You will be required to submit a copy for perusal (not for marks) for PF 2910.

**Attendance is mandatory at all Fit 'n Firm Seminars:**

A review of each seminar will be a required component of your logbook. A complete list of dates and times is available online at [www.fitnfirm.ca](http://www.fitnfirm.ca).