



**DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY**

**COURSE OUTLINE – WINTER 2016**

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

**INSTRUCTOR:** Laura Hancharuk

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**OFFICE HOURS:** By appointment

**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. 2<sup>nd</sup> ed. Champaign, IL, Human Kinetics.

**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.

**CREDIT/CONTACT HOURS:**

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

Lectures	Tuesday	1:00 - 2:20pm	Studio B or B208
	Thursday	1:00 - 2:20pm	Studio B

**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 1-2:30pm and Tuesdays from 11:30am-1pm

**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 the business issues of personal training.
5. Build a mentorship relationship between first and second year students, allowing 2<sup>nd</sup> year students to use up to 3 practicum hours toward providing guidance and assistance for the 1<sup>st</sup> 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 developed fitness-specific strategies to apply toward their business and marketing plans.
5. 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:**

<b>Personal Training Participant Package</b> (due March 22)	<b>25%</b>
<b>Logbook</b> (Midpoint check: Feb.24. Final logbook due: Apr.5)	<b>50%</b>
<b>Personal Training Evaluations</b> (Feb.24 and Apr.5 –include in your logbook)	<b>15%</b>
<b>Student Participation</b>	<b>10%</b>

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

**GRADING CRITERIA:**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	F	0.0	0-59
B	3.0	73-76			
B-	2.7	70-72			

**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:**

- 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 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 <http://www.gprc.ab.ca/about/administration/policies/>

## COURSE SCHEDULE/TENTATIVE TIMELINE:

January	7	Orientation/Needs Analysis Components of Personal Training Goal Setting
	12	Personal Training Client Objectives
	14	Conducting Yourself/Conducting the Workout
	19	Assign Clients, Q & A
	21	<b>Practicums begin by this date</b>
	26	Motivating Your Client Roundtable - Check on PT sessions/clients, Q&A
	28	No class
February	2	Roundtable- Student self-evaluation
	4	Business Seminar: Registering your business/Naming your company
	9	Roundtable
	11	No class
	16	<b>Reading Week- no class</b>
	18	<b>Reading Week- no class</b>
	23	PT Client Eval #1 to be completed today for clients A and B
March	25	Business Seminar: PT Business Ideas <b>Midterm Logbook Due</b>
	1	Roundtable
	3	No class
	8	Roundtable
	10	Business Seminar: Establishing Prices; Marketing Your Fitness Business
	15	Roundtable- 30 sec Elevator Intro
	17	No class
	22	Roundtable- <b>PT Participant Packages Due</b> <i>Have you applied for Convocation?</i>
	24	No class
	29	Business Seminar: Tax write-offs & Online Personal Training PT Client Eval #2 to be completed by Friday for ALL clients.
April	31	No class
	5	Class Discussion: Where to from here for CSEP? <b>Final Logbooks Due</b>
	7	No class
	12	Final Class, Program Evaluations

### Additional Information:

#### **NOTE:**

This course and BA1040 purposely coincide to allow students the opportunity take the fitness business information they learn in PF2910 and apply it their business/marketing plans. Students are encouraged to take this opportunity to design marketing materials -business cards, brochures, websites, etc, to include in your business plan. These plans can then be implemented immediately upon graduation from the Personal Trainer Diploma Program. Please submit copies of this work in your final PF1910 logbook (not for marks).