



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

**COURSE OUTLINE – FALL 2010**

**PF 1910 Fitness Leadership Practicum – 3 (3-0-0)**

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

**OFFICE HOURS:** By appointment

**PREREQUISITE(S)/COREQUISITE:** AFLCA Exercise Theory/PE1000 Anatomy Current CPR, PE 1000 (Human Anatomy), PF 2900 CPAFLA, AFLCA Fitness Theory and certification in at least one AFLCA Specialty area.

NOTE: PE 1910 is for Fitness Leadership Diploma students only. This class has supplemental costs for evaluations and certifications.

**REQUIRED TEXT/RESOURCE MATERIALS:**

1. Baechle, T.R, and Earle, W. (2004). NSCA's Essentials of Personal Training. Champaign, IL, Human Kinetics.

**CALENDAR DESCRIPTION:**

A theoretical and practical course on implementing fitness leadership techniques in local fitness facilities and community organizations.

**CREDIT/CONTACT HOURS:**

PF1910 consists of two 80 minute instructional sessions per week, and 52 hours of practicum experience over the semester.

Lectures      Monday and Wednesday      1:00 - 2:20pm      Room J204

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

**OBJECTIVES:**

1. To provide theoretical knowledge in the areas of basic fitness theory and fitness leadership. Students will be involved in seminars related to personal training issues.
2. To develop exercise and stretching resources that will be included in future consultation packages.
3. To develop practical experience in the fitness leadership industry including: employment interviews, program planning/design and instruction in professional settings for a minimum of 52 hours. Participation in at least 3 exercise classes is a requirement, and a minimum of 3 exercise consultations must be performed this semester and included in your logbook.
4. To be a mentor to first year Fitness Leadership Students, providing guidance and assistance throughout the term. (Able to use 3-5 practicum hours toward this).
5. Gain invaluable opportunities to network within the local fitness community.

**TRANSFERABILITY: UA**

This course is not currently approved for university transfer.

**GRADING CRITERIA / EXAMINATIONS:**

<b>Consultation Form</b>	Due: Sept. 27	<b>10%</b>
<b>Personal Training Position Paper</b>	Due: Oct. 13	<b>10%</b>
<b>Exercise/Stretching Package</b>	Due: Nov. 8	<b>30%</b>
<b>Practicum Logbook</b>	Due: Oct. 27 (midterm), Dec. 1 (Final)	<b>30%</b>
<b>Agency Evaluation</b>	(To be included in Logbook)	<b>20%</b>

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

**GRADING CRITERIA:**

<b>GRANDE PRAIRIE REGIONAL COLLEGE</b>			
<b>GRADING CONVERSION CHART</b>			
<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Designation</b>
<b>A<sup>+</sup></b>	<b>4.0</b>	<b>90 – 100</b>	<b>EXCELLENT</b>
<b>A</b>	<b>4.0</b>	<b>85 – 89</b>	
<b>A<sup>-</sup></b>	<b>3.7</b>	<b>80 – 84</b>	<b>FIRST CLASS STANDING</b>
<b>B<sup>+</sup></b>	<b>3.3</b>	<b>77 – 79</b>	
<b>B</b>	<b>3.0</b>	<b>73 – 76</b>	<b>GOOD</b>
<b>B<sup>-</sup></b>	<b>2.7</b>	<b>70 – 72</b>	
<b>C<sup>+</sup></b>	<b>2.3</b>	<b>67 – 69</b>	<b>SATISFACTORY</b>
<b>C</b>	<b>2.0</b>	<b>63 – 66</b>	
<b>C<sup>-</sup></b>	<b>1.7</b>	<b>60 – 62</b>	
<b>D<sup>+</sup></b>	<b>1.3</b>	<b>55 – 59</b>	<b>MINIMAL PASS</b>
<b>D</b>	<b>1.0</b>	<b>50 – 54</b>	
<b>F</b>	<b>0.0</b>	<b>0 – 49</b>	<b>FAIL</b>
<b>WF</b>	<b>0.0</b>	<b>0</b>	<b>FAIL, withdrawal after the deadline</b>

**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:**

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- **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.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

## **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:** See course schedule document. This 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.