

## Kinesiology and Health Sciences

### COURSE OUTLINE – Winter 2023

#### **PF2900 (A3): Fitness Assessment & Advanced Counselling – 3 (1-0-3) 45 Hours for 15 Weeks**

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

**INSTRUCTOR:** James Phillips  
**OFFICE:** K216  
**OFFICE HOURS:** Upon request

**PHONE:** 780-539-2053  
**E-MAIL:** Jphillips@nwpolytech.ca

#### **CALENDAR DESCRIPTION:**

Students will gain both theoretical and practical knowledge in fitness assessment and counseling techniques. Upon completion, students must pass both the written and practical final exams as a pre-requisite to get credit for PF2900 and enter into PF2920 and PF1910.

**PREREQUISITES : PE1000 and PE1015/COREQUISITE:** PE1210, PE1030

#### **REQUIRED TEXT/RESOURCE MATERIALS:**

CSEP-PATH Physical Activity Training for Health (3<sup>rd</sup> edition) by Canadian Society for Exercise Physiology (2019).

**DELIVERY MODE(S):** The course work includes lectures, class discussions, group work, assignments, and in-class exercises.

#### **COURSE OBJECTIVES:**

1. Provide students with 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 the CSEP-PATH and Certified Personal Trainer (CPT) protocols, among others.

3. To provide the students with the opportunity to develop and implement counseling skills related to fitness and lifestyle issues.
4. To fulfill course requirements for the CSEP-CPT designation and prepare students to challenge both the written and practical National CSEP-CPT exams.

### LEARNING OUTCOMES:

1. The student will be competent in conducting the CSEP-PATH fitness assessment protocols and modified fitness assessment protocols for older adults.
2. The student will have an understanding of RCMP PARE testing, Physical Literacy education for children and youth, and Military and Firefighting testing.
3. The student can deliver the results of fitness assessments to clients using various counseling methods and is comfortable discussing fitness and lifestyle topics to motivate clients to exercise.

### TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

### EVALUATIONS:

<b>Blood Pressure Testing 10%</b> Assessment of ability to take blood pressure readings following the protocol covered in this course.	Week 5 & Week 9
<b>Body Composition Skill Assessments 10%</b> Assessment of ability to take body composition readings following the protocols covered in this course.	Week 6 & Week 10
<b>Online Quizzes 15%</b> Quizzes that are completed after the online lecture. Lectures and quizzes are posted on Myclass.	Schedule TBD
<b>Fitness Appraisal Testing Logbook 15%</b> See assignment sheet, posted on Moodle, for details.	March 7, 2023 April 11, 2023
<b>Practical Final Exam 25%</b> Assessment of practical skills learned throughout the semester.	Schedule TBD
<b>Written Final Exam 25%</b> Assessment of theoretical skills learned throughout the semester.	Schedule TBD

**GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

### **COURSE SCHEDULE/TENTATIVE TIMELINE:**

Lab Tuesdays 8:30-11:20 AM, Class Wednesday 4:00-4:50 PM

\*This is a tentative schedule and may change based on progress as a class. Change will be communicated both in class and through myclass.

Week	Class Type	Topic	Reading
Week 1	Lab	N/A	Section 4: CSEP-PATH (p. 1-61)
	Lecture	Introduction, Expectations, CPT Background, Requirements, S.O.P.	Professional Concepts (p. 1-16)
Week 2	Lab	Observe a full fitness appraisal, Assessing Heart Rate/Blood Pressure	Section 1: Basic Anatomy (p.16-20) Section 4: CSEP-PATH (p. 14-16)
	Lecture	Definitions, Foundations, and Introduction to Assess	Section 2: Lifestyle Behaviours & Health (p. 1-16)
Week 3	Lab	Revisit Blood Pressure, Body Composition measurements	Section 4: CSEP-PATH (p. 26-31)
	Lecture	Musculoskeletal Fitness Theory	Section 4: CSEP-PATH (p. 40-61)
Week 4	Lab	Musculoskeletal Fitness, Blood Pressure Test #1	Section 4: CSEP-PATH (p. 40-61)
	Lecture	Forms and Paperwork	Section 4: CSEP-PATH (p. 11-18) Toolkit
Week 5	Lab	Cardiovascular Testing: MCAFT Protocol	Section 4: CSEP-PATH (p. 32-35, 39)
	Lecture	Cardiovascular Theory	Section 4: CSEP-PATH (p. 16-20)
Week 6	Lab	Body Composition Test #1, Blood Pressure Test #1	
	Lecture	Determining the results	Section 4: CSEP-PATH (p. 20-61)

Week 7	Lab	Open Skills Lab	
	Lecture	Counseling Lecture: Advise	Section 3: Behaviour Change (p. 1-18) Section 4: CSEP-PATH (p. 62-64)
<b>Feb 21-25, 2023 Winter Break</b>			
Week 9	Lab	Counseling and Case Study Practical, Blood Pressure Test 2	Section 3: Behaviour Change (p. 1-18) Section 4: CSEP-PATH (p. 62-64)
	Lecture	Counseling Tools and Review Website Resources	Toolkit
Week 10	Lab	Counseling Practical: Case Studies with use of tools, Body Composition Test #2	
	Lecture	Older Adult Fitness Testing	Section 10: Training for Older Adults (p. 1-14)
Week 11	Lab	Older Adult Fitness Appraisal <i>Spot Tests for Final Practical Exams</i>	Section 10: Training for Older Adults (p. 1-14) Older Adult Fitness Tests (Online)
	Lecture	Physical Literacy	Section 6: Training for Children & Youth (p. 1-14)
Week 12	Lab	PARE testing and Physical Literacy	
	Lecture	Other types of Fitness Testing (Military, Firefight, etc.)	
Week 13	Lab	Open Lab – Practical Final Review	
	Lecture	Review	
Week 14	Lab	TBD – Practical Finals	
	Lecture		
Week 15	Lab	TBD – Practical Finals	

### STUDENT RESPONSIBILITIES:

- All assignments are expected to be submitted on the due date. Late assignments will be deducted 10% per day up to 4 days late. After 4 days late, assignments will not be accepted. If

you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.

- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.
- If you are participating via zoom your camera must be on and you must be in an appropriate learning environment.
- Missed labs cannot be made up unless there is a significant issue and the instructor has given permission to make up the lab.
- Lectures/Slides will be provided to students in a format of the instructors choosing. You may not always receive complete slides or there may be alterations to the ones posted. It is the student's job to ensure they are taking appropriate notes.

### **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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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