

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

Course Outline
PF 2900
Fitness Assessment & Advanced Counseling

Instructor: Laura Hancharuk

Office: M102
Office hours posted on door.

Phone: 539-2440

Course Times: Mon/Wed

2:30-3:50pm

Location: Portable J

Course Description:

Students will gain both theoretical and practical knowledge in fitness assessment and counseling techniques. Upon completion, students will fulfill both the written and practical exams of the CSEP Health & Fitness Program's Canadian Physical Activity, Fitness & Lifestyle Appraisal.

Pre/Co-requisites: PE 1000 Anatomy, PE 1020 Physiology; PE 1100 Fitness & Health;
PY 1040 Psychology;

Course Objectives:

1. To develop and implement advanced counseling skills in the area of fitness and lifestyle issues.
2. To provide students with opportunities to develop fitness assessment techniques used in the CPAFLA protocol.
3. To obtain Certified Fitness Consultant certification by passing the written and practical national exams.

Lab Fee: This course is subject to a \$15.00 lab fee.

Required Text:

The Canadian Physical Activity, Fitness & Lifestyle Approach Manual
Canadian Society for Exercise Physiology
3rd Edition. 2003

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.

Transferability:

Currently not approved for transferability to U of A or U of C.

Evaluation:

1.	Blood Pressure Testing	10%
2.	Skinfold Skill Assessments*	10%
3.	Midterm Examination, Oct.19	15%
4.	Counseling Exam, Nov.23	15%
5.	Final Examination	
	Written (exam week)	25%
	Practical	<u>25%</u>
	(in class Nov 30-Dec.7, time dependant)	100%

- Students are to come to class with their partners already landmarked and the measurements already recorded. However, you will still need to demonstrate the measurement skills again during the examination.
- Students are required to perform at least 8 - 10 Full Fitness Appraisals prior to the final practical exam. Portable J can be booked through the Registrar's office by calling Rochelle at 539-2858.