



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY.

COURSE OUTLINE – WINTER 2011

PF 2910 Advanced Fitness Leadership Practicum – 3 (3-0-0)

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-539-2440
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OFFICE HOURS: By appointment

PREREQUISITE(S)/COREQUISITE:

PA 1980 (Resistance Training), PF1910 (Fitness Leadership Practicum), A passing grade in PF2920 (including both written & practical exams)

REQUIRED TEXT/RESOURCE MATERIALS:

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

CALENDAR DESCRIPTION:

A theoretical and practical course. Seminars regarding personal training issues supplement 52 hours of practical experience in which students work with clients in a variety of personal training situations.

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	Room J202
	Thursday	1:00 - 2:20pm	Studio B

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

OBJECTIVES:

1. To provide theoretical and practical knowledge in regards to the business issues of personal training.
2. To gain 52 hours of 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 clients throughout the semester.
3. To develop a personal training consultation package that includes policies & procedures, consultation form, stretches, exercise diagrams, fitness guidelines, testing results, CPAFLA tools, etc)
4. Gain invaluable opportunities to network within the local fitness community and future clientele.
5. To be a mentor to first year Fitness Leadership Students, providing guidance and assistance throughout the term. (Able to use up to 3 practicum hours toward this).

TRANSFERABILITY: UA

This course is not currently approved for university transfer.

GRADING CRITERIA / EXAMINATIONS:

Client Awareness Project (due in final logbook, Apr.12) 20%

Personal Training Participant Package (due Mar.29) 25%

Prepare an entire consultation package to provide to your clients (consultation form, stretches, diagrams, guidelines, testing results, CPAFLA tools, policies & procedures)

Practicum Logbook (midpoint due: Mar.1, final due Apr.12) 35%

Personal Training Evaluations 20%

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

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 should take this opportunity to design business cards, brochures and posters to potentially include in your plan. Please submit copies of this work in your final PF1910 logbook for perusal only if you would like feedback (not for marks).

Personal Training Supervised Sessions:

Practicum personal training sessions are to be scheduled in the GPRC fitness centre during specific times. Any sessions outside of these times requires the consent of the instructor.

Monday, Wednesday and Fridays from 1-2:30pm or 4-5:30pm or 6:30-8am

Tuesdays from 11:30am-1pm

GRADING CRITERIA:

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

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:

- 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.

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.