

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Fall 2024

PF 1910 (A2): FITNESS PRACTICUM- 3 (2-0-3) 75 HRS 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:	Laura Hancharuk	PHONE/TEXT:	(780)831-4608
OFFICE:	K214	E-MAIL:	LHancharuk@NWPolytech.ca
OFFICE HOURS:	By appointment		

CALENDAR DESCRIPTION:

A theoretical and practical course on techniques in fitness leadership for individuals and groups.

PREREQUISITES: PA1981, PF1980 and PF 2900

NOTE: PF 1910 is for Personal Trainer Diploma students only

REQUIRED TEXT/RESOURCE MATERIALS:

NSCA's Essentials of Personal Training, 3rd Edition

Shoenfeld, B.J., and Snarr R,L. (2022). . Champaign, IL, Human Kinetics.

DELIVERY MODE(S):

The course work includes roundtable discussions, lectures and practicum hours in the community.

LEARNING OUTCOMES:

1. The student will understand at least one or two niche markets in the fitness industry, and gain practical experience working within each.
2. The student will understand the personal training industry from the agency; practitioner; and client perspectives.
3. The student will learn to network with industry leaders, facility managers, medical professionals, local personal trainers and their current peers (3-5 peer mentorship hours).
4. The student will compare a variety of exercise classes and be able to evaluate each based upon class content; exercise technique; and the teaching effectiveness of different instructors.
5. Students will become familiar with social media marketing mediums and the production of quality exercise videos.
6. The student will develop the necessary resources and skills to conduct thorough exercise consultations.

TRANSFERABILITY:

Not officially transferable to another institution at this time.

Please consult the Alberta Transfer Guide for more information <http://www.transferalberta.ca>.

EVALUATIONS:

Goal Setting Assignments	Sept.28, Oct.6, Oct.20, Nov.3, Nov.24	20%
Consultation Form	Oct.4	10%
YouTube Exercise Assignment	Oct.13	20%
Referral Directory	Nov.19	5%
Personal Training Position Paper	Nov.21	20%
Practicum Summary Paper	Dec.10	20%
Agency Evaluations	Dec.10	5%

**Late assignments will be deducted 10% per day.*

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

***Seminar and roundtable attendance is mandatory. Those students who have 3 unexcused absences may not receive course credit.*

GRADING CRITERIA:

Please note that a grade of C- is required to pass PF1910. And that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO CONTINUE IN THE PERSONAL TRAINER DIPLOMA OR TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	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			

COURSE SCHEDULE/TENTATIVE TIMELINE:

PF1910 consists of two instructional sessions per week (110 min and 50 min), and 52 hours of practicum experience over the semester.

Lectures	Tuesday	2:30 – 4:20pm	L123
	Thursday	2:30 – 5:20pm	L123 J201

COURSE SCHEDULE/TENTATIVE TIMELINE:

	Tuesday Lecture	Thursday Lecture	Assignment Due Date
Sept 3, 5	Orientation: Slideshow; Review Course Outline/Assignments	Practicum Opportunities Book Individual Goal Setting Interviews between Sept.10-12	(Homework Best and Worst YouTube Exercise Videos)
Sept 10, 12	Practicum Opportunities Discuss YouTube Exercise Video Assignment (Goal Setting Interviews)	No class. (Individual Goal Setting Interviews) <i>*Group work for YouTube Video Assignment*</i>	
Sept 17, 19	Seminar #1: Conduct of a PT/ Customer Service	~Practicum Placements Announced: Official Start~	
Sept 24, 26	Seminar #2: Observe exercise consult	Roundtable discussion.	<i>Semester Goals Due Sept.28, 11:59pm</i>
Oct 1, 3	Roundtable discussion.	No class. Practicum Hours.	<i>Consult Forms Due Oct.4, 11:59pm Goal Setting #1 Due Oct.6, 11:59pm</i>
Oct 8, 10	Roundtable discussion.	No class. Practicum Hours.	<i>YouTube Videos Due Oct.13, 11:59pm</i>
Oct 15, 17	No class.Practicum Hours.	No class. Practicum Hours.	<i>Goal Setting #2 Due Oct.20, 11:59pm</i>
Oct 22, 24	Roundtable discussion.	No class. Practicum Hours.	
Oct 29, 31	No class.Practicum Hours.	No class. Practicum Hours.	
Nov 5, 7	Roundtable discussion.	No class. Practicum Hours.	<i>Goal Setting #3 Due Nov.3, 11:59pm</i>
Nov 11-15	Fall Break: No Classes		
Nov 19, 21	TBA	No class. Practicum Hours.	<i>Referral Directory Due Nov.19, 11:59pm PT Position Paper Due Nov.21, 11:59pm Goal Setting #4 Due Nov.24, 11:59pm</i>
Nov 26, 28	Roundtable discussion.	No class. Practicum Hours.	
Dec 3, 5	TBA	No class. Practicum Hours.	
Dec 10	Roundtable discussion.		<i>Agency Evaluations & Practicum Summary Paper Due Dec.10, 11:59pm</i>

STUDENT RESPONSIBILITIES:

Come dressed for exercise to all labs.

Follow CSEP pre-appraisal guidelines prior to all labs and examinations as you will be exercising.

Attendance: Students are expected to attend all scheduled classes, arrive on time, and remain for the duration of the activities. Arriving late or leaving early is disruptive to the entire class. Frequent tardiness may be treated as absence. **Students with absences in excess of 3 classes may be refused permission to participate the final practical exam.** For more information, please refer to the Academic Regulations on Debarred from Exams at <https://www.nwpolytech.ca/programs/grading-systems.html>.

Time Management: Adopting and adhering to effective learning habits in this course will likely take up a great deal of time so plan your schedule accordingly. It is difficult to catch up once a student falls behind in required readings and exercises.

Cell Phones: The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class is therefore strictly prohibited.

Refer to ~~the College~~**NWP's** Policy on Student Rights and Responsibilities at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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