

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE – Fall 2024

**PF2920 (A2): Certified Personal Trainer Exercise Prescription – 3 (3-0-1.5) 67.5 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.

<b>INSTRUCTOR:</b>	Laura Hancharuk	<b>PHONE:</b>	780-831-4608
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<b>OFFICE HOURS:</b>	By appointment		

**CALENDAR DESCRIPTION:** This course is designed to prepare students for CSEP-CPT Certification, the Canadian standard for the field of personal training. Students will gain both theoretical and practical knowledge in exercise prescription and counseling techniques. Students prepare for the CPT core competencies in counseling, motivation, and fitness, including exercise demonstration and technique, equipment selection, exercise prescription and modification, program design and planning. Upon completion, students will fulfill both the written and practical exams of the CSEP Health and Fitness Program, Personal Trainer Certification.

**PREREQUISITE(S)/COREQUISITE:** PE1210, [PF1980](#), PF2900

**REQUIRED TEXT/RESOURCE MATERIALS:**

NSCA's Essentials of Personal Training (3<sup>rd</sup> ed.) by Shoenfeld, B. J., & Snarr, R. L. (2022). Human Kinetics (publisher).

CSEP-PATH Physical Activity and Training for Health (3<sup>rd</sup> ed. ) by CSEP (2021). CSEP (publisher).

CSEP-Certified Personal Trainer (CPT) Certification & Study Guide (3<sup>rd</sup> ed.). by CSEP (2019). CSEP (publisher).

**DELIVERY MODE(S):** This course includes lectures, class discussions, group work, and practical lab work.

**LEARNING OUTCOMES:**

Upon successful completion of this course, students will be able to:

1. Demonstrate CSEP-CPT required knowledge and practical skills for safe, appropriate, individualized, and effective personal fitness testing and training sessions with apparently healthy clients.
2. Apply exercise prescription across a variety of physical conditions and populations, within the scope of a CSEP-CPT.
3. Explain the resulting adaptations of exercise program design across a variety of physical conditions and populations, within the scope of a CSEP-CPT.

**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:**

Due dates and times are in MST.

Cardio Monitoring Practical	15%	Oct. 21 during lab time
Case Studies	20%	24 hours after each Case Study lab
Aerobic Testing Protocol Logbook	10%	Hand in at Final Practical Exam
Self-Assessment	10%	Nov.28 @ 11:59pm
Practical Final Exam	25%	Dec. 5, 9, 10 – schedule TBD
Written Final Exam	20%	TBD – during exam week

\*\*See notes below in Additional Information

**GRADING CRITERIA:**

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	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	00-59
B	3.0	73-76			
B-	2.7	70-72			

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

PF2920 consists of two 80 minute instructional sessions and one, 80 minute lab session per week.

Lectures	Tuesday and Thursday	10 – 11:20am	L123
Lab	Monday	2:30 - 3:50pm	L123

	Monday Lab	Tuesday Lecture	Thursday Lecture
Sept 3-5		Introduction and Review	Observe Cardio Monitoring & Practice
Sept 9-12	YMCA Cycle Ergometer Protocol	Aerobic Theory & Protocols	Aerobic Prescription & Cardio Monitoring
Sept 16-19	Rockport & Ebbeling Protocols	Aerobic Equations	Aerobic Case Studies
Sept 23-26	Aerobic Protocols Practice	Body Composition Prescription & Guidance	Musculoskeletal Fitness Theory
Sept 30-Oct 3	<b>Truth &amp; Reconciliation Day - No Class</b>	Musculoskeletal Fitness Prescription	Case Study Calculations & MSF Case Study
Oct 7-10	Cardio Monitoring Practice	Training Principles & Program Application	Children and Youth
Oct 14-17	<b>Thanksgiving - No Class</b>	4 Quadrant Program Design	Older Adult
Oct 21-24	<b>Cardio Monitoring Practical</b>	Brain Health & Physical Activity	<b>Stretching Lab</b>
Oct 28-31	<b>Case Study 1: Frail Older Adult with Asthma</b>	Metabolic Syndrome	<b>Case Study 2: Metabolic Syndrome</b>
Nov 4-7	Cardio Monitoring & Aerobic Protocols	Pre/Post-Natal Fitness	Pre/Post Natal Fitness
Nov 11-15	<b>FALL BREAK – No Classes</b>		
Nov 18-21	<b>Case Study 3: Post Natal</b>	Menopause/PCOS	Menopause/PCOS
Nov 25-28	<b>Case Study 4: Menopause/PCOS</b>	Metabolic Compensations	Metabolic Compensations <b>Self Assessment Due</b>
Dec 2-5	<b>Case Study 5: Metabolic Compensations</b>	Practical Exam Scenarios	<b>Practical Final Exam</b>
Dec 9-10	<b>Practical Final Exam</b>	<b>Practical Final Exam</b>	<b>No Class</b>

## STUDENT RESPONSIBILITIES:

**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.

## 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.

## Additional Information:

**Late assignments:** Assignments will be deduced 10% per day following the due date.

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

**Practical Final Exam:** Students must pass the practical final exam to receive credit for PF2920, which is a pre-requisite for PF2910.