

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Fall 2025

PF 1910 (A2/S1): FITNESS PRACTICUM– 3 (1-3-0-45) 90 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
OFFICE: K214
OFFICE HOURS: By appointment

PHONE/TEXT: (780)831-4608
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CALENDAR DESCRIPTION:

A theoretical and practical course on techniques in fitness 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.27, Oct.5, Oct.19, Nov.2, Nov.23	20%
Consultation Form	Draft: Sept.23 Final: Oct.4	10%
Exercise Video Assignment	Reels Analysis: Sept.8	5%
	Video: Oct.12	15%
Referral Directory	Nov.16	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.*

NOTE: To progress in the PERT Diploma, students must achieve a minimum grade of C- (60-62). Any grade below 60% does not meet the passing requirements for this program and will require the student to repeat the course. All grading criteria and examinations must be completed to pass this course.

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		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:

PF1910 consists of two instructional sessions per week, and 45 hours of practicum experience over the semester.

Lectures Wednesday 2:30 – 5:20pm B201
 Friday 8:30 – 11:20pm B201 (This timeslot discontinues after Oct.3)

	Wednesday Lecture	Friday Lecture	Assignment Due Date
Sept 3, 5	No class (Laura is away)	Orientation: Slideshow; Review Course Outline/Assignments Review Practicum Opportunities	Homework: <i>Best and Worst Exercise Video Reels Analysis</i> <i>Due: Sept.8</i>
Sept 10, 12	Practicum Opportunities Book Individual Goal Setting Interviews between Sept.10-12	Practicum Opportunities Exercise Video Requirements (Goal Setting Interviews)	(Individual Goal Setting Interviews will be scheduled this week)
Sept 17, 19	Seminar #1: Conduct of a PT/ Customer Service	~Practicum Placements Announced: Official Start~	<i>Practicum Placements Officially Start Sept.22</i>
Sept 24, 26	Seminar #2: Observe exercise consult	Roundtable discussion.	<i>Consultation Form Draft: Sept.23, 11:59pm</i> <i>Semester Goals Due Sept.27, 11:59pm</i>
Oct 1, 3	Roundtable discussion.	TBA	<i>Consult Forms Due Oct.4, 11:59pm</i> <i>Goal Setting #1 Due Oct.5, 11:59pm</i>
Oct 8, 10	Roundtable discussion.	No class. Practicum Hours.	<i>Exercise Videos Due Oct.12, 11:59pm</i>
Oct 15, 17	No class. Practicum Hours.	No class. Practicum Hours.	<i>Goal Setting #2 Due Oct.19, 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.2, 11:59pm</i>
Nov 10-14	Fall Break: No Classes		
Nov 19, 21	TBA	No class. Practicum Hours.	<i>Referral Directory Due Nov.16, 11:59pm</i> <i>PT Position Paper Due Nov.21, 11:59pm</i> <i>Goal Setting #4 Due Nov.23, 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</i> <i>Paper Due Dec.10, 11:59pm</i>

STUDENT RESPONSIBILITIES:

Attendance: Students are expected to attend all scheduled classes, roundtables and practicum hours; arrive on time; and remain for the duration of the activities. Arriving late or leaving early is disruptive to the learning environment. Frequent tardiness may be treated as absence. **Students with absences in excess of 3 classes may be asked to withdraw from the course.** For more information, please refer to the Academic Regulations on Debarred from Exams at <https://www.nwpolytech.ca/programs/grading-systems.html>.

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 or while on Practicum is therefore strictly prohibited.

Refer to the College 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/polytechnic-leadership/policies-directory>.

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

ADDITIONAL INFORMATION:

Informed Consent for Participation in Physical Activity

This course includes physical activity, exercise, and/or fitness assessments as part of its learning and evaluation components. By enrolling in this course, you acknowledge and accept the following:

- You may be asked to participate in physical activity sessions, which include aerobics and/or musculoskeletal training.
- While the risk is minimal, physical activity may involve potential adverse effects such as episodes of transient lightheadedness, loss of consciousness, abnormal heart rate and/or blood pressure, chest discomfort, leg cramps, nausea). You voluntarily assume these risks.
- You are responsible for promptly informing your instructor(s) of any pain, discomfort, fatigue, or other symptoms experienced during or within 48 hours of the course session.
- You must disclose any health conditions that could be affected by physical activity. The instructor(s) will make reasonable modifications, where appropriate, and may request documentation from a qualified health professional.

POLICY ON THE USE OF ARTIFICIAL INTELLIGENCE (AI):

The use of Artificial Intelligence (AI), including Large Language Models (LLMs) and other related technologies, has grown significantly in recent years and is now part of everyday reality. The intent of this policy is not to prohibit their use entirely, but to ensure it is applied appropriately and transparently in accordance with established course guidelines. This policy applies only to this course; other instructors may have different policies, and students should not assume these rules apply elsewhere. When no specific rules are established for a given task, the following defaults will apply:

i. For Assignments, Reports, and Presentations – AI tools may be used to assist in drafting but may not be used to generate the complete work from a single prompt; AI may be used to refine language, and all prompts must be disclosed; if references are required, students must read and verify them to ensure accuracy and existence; any information generated by AI must be independently verified using credible sources; and students must fully understand the material they submit. The instructor may interview students to assess their understanding, and a demonstrated lack of knowledge will be treated as probable academic misconduct. **ii. For Tests, Exams, and Quizzes** – the use of AI tools, search engines, communication devices, or any feature enabling communication with external entities is strictly prohibited. Once specific rules are set for a task, those rules override these defaults, which will no longer apply. Any breach of the applicable rules will be addressed under the institution’s academic misconduct procedures.

**Note: AI-generated content may contain errors or biases. Students are responsible for verifying information and may consult their instructor for guidance on its accuracy, appropriateness, or permitted use.*