

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2025

PF2900 (A3): Fitness Assessment & Advanced Counseling – 3 (1-0-3) 60 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.

INSTRUCTOR:	Lorelle Warr	PHONE:	780-539-2978
OFFICE:	K218	E-MAIL:	warr@nwpolytech.ca
OFFICE HOURS:	By appointment		

CALENDAR DESCRIPTION: Students will gain both theoretical and practical knowledge in fitness assessment and counseling techniques.

PREREQUISITE(S)/COREQUISITE:

Prerequisites: PE1000 and PE1015

Corequisite: PE1210

REQUIRED TEXT/RESOURCE MATERIALS:

CSEP-PATH Physical Activity Training for Health (3rd edition) by Canadian Society for Exercise Physiology (2019).

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, assignments, and in-class exercise.

LEARNING OUTCOMES:

1. The student will be competent in conducting the CSEP-PATH fitness assessment protocols and modified fitness assessment protocols for children and older adults.
2. The student will be introduced to standardized occupational testing protocols.
3. The student can deliver the results of fitness assessments to clients using various counseling methods and is comfortable discussing fitness and lifestyle topics to motivate clients to exercise.

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.alberta.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:

Skills Assessments		
1) RHR/RBP & Anthropometric	February 12 th	25%
2) Advising Client	March 5 th	
3) RHR/RBP & Anthropometric	April 2 nd	
Weekly Online Quizzes	See myClass for due dates	10%
Fitness Appraisal Testing Logbook	March 5 th April 9 th	15%
Practical Final Exam	April 9 th	25%
Written Final Exam	TBA – April 14 th – 23 rd	25%

** Skills Assessments and the Practical Final Exam may be scheduled outside regular class time, potentially during Community Hour (Wednesdays 11:30am-12:50pm). You will receive an opportunity to select specific time slots.*

NOTE: To receive credit for PF2900, you must pass both the written and practical final exams. Additionally, you must achieve a minimum grade of C- in PF2900 to use it as a pre-requisite for PF1910 and PF2920.

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	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

STUDENT RESPONSIBILITIES:

- **Regular attendance** is essential for success in this and all other courses. If you must miss class, please contact the instructor in advance or as soon as possible. It is your responsibility to obtain any materials or content missed during your absence. **If you miss more than 3 classes, you may be debarred from writing the final exam.** Please refer to the Debarred Exams section of the Final Examination Policy for further details.
- If you encounter a significant issue or concern (e.g., illness or family emergency), please contact the instructor as soon as possible to discuss potential accommodations or solutions.
- All assignments and quizzes are expected to be submitted on the due date. **Late submissions** will be penalized 10% per day up to 4 days, including weekends. After this period, late submissions will not be accepted.
- Missed labs cannot be made up unless there is a significant issue, such as illness or an emergency, and permission is granted by the instructor. Requests will be considered on a case-by-case basis.
- Lectures/slides will be provided to the students in a format of the instructors choosing. You may not always receive complete slides or there may be alterations to the ones posted. It is the student's responsibility to ensure they are taking appropriate notes.

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.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Lecture: 10:00am-10:50am E305 **Lab:** 1:00pm-3:50pm L123

Date	Lecture	Reading	Lab	Reading
Jan 8	Course Introduction	Professional Concepts pp. 1-16	Observe Fitness Appraisal	Section 4: pp. 1-61
Jan 15	Pre-Participation Health Screen	Section 2: pp. 1-16 Section 4: pp. 11-18	RHR/RBP Measurements	Section 1: pp. 16-20 Section 4: pp. 14-16
Jan 22	Assessing Body Composition	Section 4: pp. 26-31	Anthropometric Protocols	Section 4: pp. 26-31
Jan 29	Assessing MSK Fitness	Section 4: pp. 40-61	MSK Protocols	Section 4: pp. 40-61
Feb 5	Assessing Aerobic Fitness	Section 4: pp. 16-20	MCAFT Protocol	Section 4: pp. 32-35, 39
Feb 12	Determining the Results	Section 4: pp. 20-61	Skills Assessment #1	RHR/RBP & Anthropometric
Feb 19	No Classes: Winter Break			
Feb 26	Advising Client	Section 3: pp. 1-18 Section 4: pp. 62-64	Advising Client	Section 3: pp. 1-18 Section 4: pp. 62-64
Mar 5	Advising Tools	Toolkit	Skills Assessment #2	Advising Client
Mar 12	Older Adult Fitness Testing	Section 10: pp. 1-14	Older Adult Assessments	Section 10: pp. 1-14 Online Resources*
Mar 19	Children & Youth Testing	Section 6: pp. 1-14	Physical Literacy Assessments	Online Resources*
Mar 26	Occupational Testing	Online Resources*	PARE Test	Police Job Specific Test
Apr 2	Skills Assessment #3	RHR/RBP & Anthropometric	Skills Assessment #3	RHR/RBP & Anthropometric
Apr 9	Practical Final Exam	MCAFT & MSK Protocols	Practical Final Exam	MCAFT & MSK Protocols

**Online resources will be posted on myClass.*