

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Winter 2025

PF 2910 (A3): ADVANCED FITNESS PRACTICUM- 3 (2-0-4) 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	PHONE/TEXT:	(780)831-4608
OFFICE:	K214	E-MAIL:	LHancharuk@NWPolytech.ca
OFFICE HOURS:	By appointment		

CALENDAR DESCRIPTION:

This course will involve students applying techniques in exercise testing and prescription for individuals/groups. Participants will be involved in integration seminars in the class and in practical experience at local fitness centers.

PREREQUISITE(S):

PF1910, PF2980, A passing grade in PF2920 (including both written & practical exams)

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 class discussions, lectures and practicum hours in the community.

LEARNING OUTCOMES:

1. The student will understand client management, including, but not limited to fitness testing; goal setting; program development; exercise instruction; supervision of training sessions; client motivation; and follow-up.
2. The student will develop strong organizational systems and practices in the personal training industry to immediately implement upon graduation.
3. The student will develop interpersonal skills while working with personal training clients.
4. The students will develop their own training policies, procedures and personal training documents.

TRANSFERABILITY:

This course is currently not transferrable to other academic institutions.

EVALUATION:

Assignment	Due Date	Percent of Final Grade
Logbook Goal Setting Midpoint Check Final Logbook	Jan.26, Feb.14, Mar.7 Feb.28 Apr.9	50%
Personal Training Evaluations	Feb.28 and Apr.4	15%
Personal Training Participant Package	March 23	25%
Student Participation		10%

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

GRADING CRITERIA:

A grade of C- is the minimum passing grade for PF2910.

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:

PF2910 consists of one 110 minute and one 50 minute instructional session per week, and 52 hours of practicum experience over the semester.

Lectures	Wednesday	2:30 – 4:20pm	J201
	Friday	10:30 – 11:20am	B201

Personal Training Supervised Sessions:

Client A:	Mon/Wed/Fri	1:00-2:20pm
Client B:	Tuesdays	11:30am-12:50pm
Client C:	Varied. Online, once every 2 weeks.	

Practicum personal training sessions for Client A and B are to be scheduled in the NWP Fitness Centre, gymnasium or J131.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Date	Wednesday Lecture	Friday Lab
Week One Jan 8, 10	Orientation/Needs Analysis Personal Training Client Objectives	Components of Personal Training
Week 1 Homework	Review: Setting Client Boundaries by Jan.12	
Week 2 Jan 15, 17	Conducting Yourself/Conducting the Workout	Testimonials/ Client Files Discuss Self Evaluation & Goal Setting Assignment
Week 2 Homework	Homework: Study Client Files, Perform Research, Book Appointments by Jan.20 for Jan21-25	
Week 3 NOTE: JAN 20 Jan 20, 24	Roundtable Q&A Goal Setting & Motivating Your Client	No class Fitness Testing & Exercise Consults
Week 3 Homework	Homework: Goal Setting 1 Due: Jan.26 Note: Client Training sessions begin January 27	
Week 4 Jan 29, 31	Roundtable	No class
Week 5 Feb 5, 7	Roundtable	No class
Week 5 Homework	Homework: Goal Setting 2 Due: Feb.14	
Week 6 Feb 12, 14	Roundtable	No class
Week 6 Homework	Reminder: PT Client Evaluation #1 to be completed the week of Feb.24-28 for Clients A & B Midterm Logbook Check Due: Feb.28	
Week 7 Feb 19, 21	Reading Week, no classes.	
Week 8 Feb 26, 28	Roundtable	No class
Week 8 Homework	Homework: Goal Setting 3 Due: March 7	
Week 9 Mar 5, 7	Roundtable	No class
Week 9 Homework	Homework: PT Participant Package Due March 23	
Week 10 Mar 12, 14	No Class	No class
Week 11	Roundtable	No class

Mar 19, 21	Have you applied for Convocation?	
Week 11 Homework	Assignment: PT Client Eval #2 for ALL Clients Due: April 4	
Week 12 Mar 26, 28	No class	No class
Week 13 April 2, 4	TBA	No class
Week 13 Homework	Homework: Final Logbooks Due: April 9	
Week 14 Apr 9, 11	Where to from here for CSEP? FINAL LOGBOOKS DUE APRIL 9	No class

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

<https://www.nwpolytech.ca/about/administration/policies/index.html>.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Sending or receiving text messages during personal training hours is not acceptable. In addition, 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 fitness labs.