

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2025

PF2920 (A2/L1): 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.

INSTRUCTOR:	Lorelle Warr	PHONE:	780-539-2978
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OFFICE HOURS:	By appointment		
INSTRUCTOR:	Laura Hancharuk	PHONE:	780-831-4608
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OFFICE HOURS:	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): PE1210, PF2900

COREQUISITE(S): N/A

- NSCA's Essentials of Personal Training (3rd ed.) by Shoenfeld, B. J., & Snarr, R. L. (2022). Human Kinetics (publisher).
- CSEP-PATH Physical Activity and Training for Health (3rd ed.) by CSEP (2021). CSEP (publisher).
- CSEP-Certified Personal Trainer (CPT) Certification & Study Guide (3rd 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 the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

**** For courses with alpha (letter) grading, a 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 MST.

RHR/RBP Practical	5%	Oct. 6 – during lab
Cardio Monitoring Practical	10%	Nov. 3 – during lab
Case Studies	20%	24 hours after each Case Study Lab
Aerobic Testing Protocol Logbook	10%	Due at start of Final Practical Exam
Self-Assessment	5%	Dec. 5 – in Class
Practical Final Exam	25%	Dec. 8-11 – schedule TBA
Written Final Exam	25%	TBA – during exam week (2hrs)

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. You must pass both the written and practical final exams.

GRADING CRITERIA:

Please note that most institutions 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



COURSE SCHEDULE/TENTATIVE TIMELINE:

Lectures: T/Th @ 4:00pm-5:20pm (L123)

Labs: M @ 2:30pm-3:50pm (L123)

	Instructor	Lorelle Warr	Laura Hancharuk
	Monday Lab	Tuesday Lecture	Thursday Lecture
Sept 3-5			Introduction and Skills Review
Sept 8-12	Observe Cardio Monitoring	Exercise Prescription Review	Aerobic Testing Protocols
Sept 15-19	YMCA Cycle Ergometer Protocol	Scope of Practice & Documentation	4 Quadrants
Sept 22-26	Rockport & Ebbeling Protocols	Cardiovascular Diseases (CVD)	Diabetes
Sept 29-Oct 3	Aerobic Protocols Practice	No Class – Truth & Reconciliation Day	Cancer
Oct 6-10	RHR/RBP Practical	Pre-Post Natal Fitness	Pre/Post Natal Fitness
Oct 13-17	No Class – Thanksgiving	Case Study 1: Post-Natal Fitness	PCOS/RED-S
Oct 20-24	Stretching Lab 1	Osteoporosis/Arthritis	Respiratory Diseases
Oct 27-31	Cardio Monitoring Practice	Older Adults	Case Study 2: Older Adult
Nov 3-7	Cardio Monitoring Practical	Metabolic Syndrome	Case Study 3: Metabolic Syndrome
Nov 10-14		FALL BREAK – No Classes	
Nov 17-21	Stretching Lab 2	Menopause	Case Study 4: Menopause
Nov 24-28	Cardio Monitoring & Aerobic Protocols	Metabolic Compensations	Case Study 5: Metabolic Compensations
Dec 1-5	Practical Exam Scenarios	Children & Youth	Mental Health
Dec 8-11	Practical Final Exam	Practical Final Exam	Practical Final Exam

Commented [LW1]: Course Intro, ice breaker, RHR/RBP Review, hand out worksheet

STUDENT RESPONSIBILITIES:

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

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 in the final practical exam.** For more information, please refer to the Academic Regulations on Debarred from Exams at <https://www.nwpolytech.ca/leadership/policies/display?ID=37>.

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 reading 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 <https://www.nwpolytech.ca/about/polytechnic-leadership/policies-directory>.

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

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.