

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2026

PF2900 (A3/L1): 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:	lwarr@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 10 th & 13 th	30%
2) Advising Client	March 10 th	
3) RHR/RBP & Anthropometric	March 27 th & 31 st	
Fitness Appraisal Testing Logbook	March 6 th Practical Final	15%
Practical Final Exam	April 9 th	25%
Written Final Exam	TBA – April 16 th – 23 rd	30%

**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.*

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
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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.

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.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Lecture: Fridays 11:30am-12:20pm L123 **Lab:** Tuesdays 2:30pm-5:20pm L123

Schedule is tentative and is subject to change, changes will be announced in class and posted on myClass.

Date	Lab	Reading	Lecture	Reading
Jan 6 & 9	Course Introduction/ Full Fitness Appraisal		Module 1, 8.2, 8.3 Module 3 – ASK	Professional Concepts pp. 1-16 Section 2: pp. 1-14 Section 4: pp. 6-19
Jan 13 & 16	RHR/RBP Measurements	Section 1: pp. 16-20 Section 4: pp. 14-16	Module 4.2 – Client History	Section 2: pp. 15-34 Section 4: pp. 20-25
Jan 20 & 23	Anthropometric Measurements	Section 4: pp. 25-31	Module 4.3, 4.4. – Anthropometrics	Section 4: pp. 25-31
Jan 27 & 30	mCAFT Assessment	Section 4: pp. 32-35, 39	Module 4.5 – Aerobic Assessments	Section 4: pp. 32-39
Feb 3 & 6	MSK Assessments	Section 4: pp. 40-61	Module 4.6 – MSK Assessments	Section 4: pp. 40-61
Feb 10 & 13	Skills Assessment #1	RHR/RBP & Anthropometrics	Skills Assessment #1	RHR/RBP & Anthropometrics
Feb 17 & 20	No Classes: Winter Break			
Feb 24 & 27	Module 5 – Advise Module 7.2 – Assist	Section 3: pp. 1-18 Section 4: pp. 62-87	Module 5 – Advise Module 7.2 – Assist	Section 4: pp. 62-87
Mar 3 & 6	Advise & Assist Practice	Section 3: pp. 1-18 Section 4: pp. 62-64	Module 8.1 – Arrange	Section 4: pp. 62-64 Section 4: pp. 76-87
Mar 10 & 13	Skills Assessment #2	Advising Client	Youth & Older Adult	Section 4: pp. 60-61 Section 6 & 10 Online Resources*
Mar 17 & 20	Youth & Older Adult Assessments	Section 4: pp. 60-61 Section 6 & 10 Online Resources*	Occupational Testing	
Mar 24 & 27	Skills Assessment #3	RHR/RBP & Anthropometric	Skills Assessment #3	RHR/RBP & Anthropometrics
Mar 31 & Apr 3	PARE Test	Police Job Specific Test	Good Friday	
Apr 7 & 10	Practical Final Exam	MCAFT & MSK Protocols	Practical Final Exam	MCAFT & MSK Protocols

**Eastlink Centre*