

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2026

**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
OFFICE: K218
OFFICE HOURS: By appointment

PHONE: 780-539-2978
E-MAIL: lwarr@nwpolytech.ca

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

REQUIRED MATERIALS:

- 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.transferralberta.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.**

Due dates and times are MST.

RHR/RBP Practical	5%	Oct. 16 – during lab
Aerobic Instruction & Monitoring Practical	10%	Nov. 6 – during lab
Case Studies	20%	Due dates posted in myClass
Aerobic Testing Protocol Logbook	10%	Due at start of Final Practical Exam
Self-Assessment	5%	Dec. 4 – in Class
Practical Final Exam	25%	Dec. 7 & 9 – schedule TBA
Written Final Exam	25%	TBA – during exam week (2hrs)

NOTE: 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

Lectures: M/W @ 1:00pm–2:20pm (L123) Labs: F @ 1:00pm–2:20pm (L123)

	Monday Lecture	Wednesday Lecture	Friday Lab
Sept 2–4		Introduction and Skills Review	No Lab
Sept 7–11	Labour Day – No Classes	Exercise Prescription Review	Observe Aerobic Instruction & Monitoring
Sept 14–18	Scope of Practice & Documentation	Aerobic Testing Protocols	YMCA Cycle Ergometer Protocol
Sept 21–25	4 Quadrants	Cardiovascular Diseases (CVD)	Rockport & Ebbeling Protocols
Sept 28–Oct 2	Diabetes	No Class – Truth & Reconciliation Day	Aerobic Protocols Practice
Oct 5–9	Aerobic Equations	Pre-Post Natal Fitness	Case Study 1: Post-Natal Fitness
Oct 12–16	No Class – Thanksgiving	PCOS/RED-S	RHR/RBP Practical
Oct 19–23	Respiratory Diseases/Cancer	Osteoporosis/Arthritis	Stretching Lab 1
Oct 26–30	Older Adults	Case Study 2: Older Adult	Aerobic Instruction & Monitoring Practice
Nov 2–6	Metabolic Syndrome	Case Study 3: Metabolic Syndrome	Aerobic Instruction & Monitoring Practical
Nov 9–13		FALL BREAK – No Classes	
Nov 16–20	Menopause	Case Study 4: Menopause	Stretching Lab 2
Nov 23–27	Metabolic Compensations	Case Study 5: Metabolic Compensations	Cardio Monitoring & Aerobic Protocols
Nov 30–Dec 4	Children & Youth	Mental Health	Practical Exam Scenarios
Dec 7–9	Practical Final Exam	Practical Final Exam	

STUDENT RESPONSIBILITIES:

Late assignments: Assignments will be deducted 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.