



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2021

PF1910 A2 – FITNESS PRACTICUM – 3 (1-0-4)75 HOURS, 15 WEEKS

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-831-4608 text
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OFFICE HOURS: By appointment

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

CALENDAR DESCRIPTION:

A theoretical and practical course on techniques in fitness for individuals and groups.

PREREQUISITE(S): PF1980 and PF 2900.

NOTE: PF 1910 is for Personal Trainer Diploma students only.

REQUIRED TEXT/RESOURCE MATERIALS:

NSCA's Essentials of Personal Training, 2nd Edition

Coburn, J.W., and Malek M,H. (2012). . Champaign, IL, Human Kinetics.

DELIVERY MODE(S): The course work includes roundtable discussions, lectures and practicum hours in the community.

COURSE OBJECTIVES:

1. To provide practical experience in the fitness leadership industry including: employment interviews, program planning/design and instruction in professional settings for a minimum of 52 hours. The 52 hours will include working within fitness facilities/agencies; shadowing and interviewing PTs, interviewing PT clients; required observation of and participation in exercise classes; and conducting exercise consultations.
2. To provide theoretical knowledge in the areas of basic fitness theory and fitness leadership. Students will be involved in seminars related to personal training issues.
3. To develop exercise and stretching resources that will be included in future consultation packages.
4. To expose students to situations that will develop invaluable networks within the fitness and medical communities for referrals.
5. To create the experience of mentoring first year Personal Training Students, allowing students to provide guidance and assistance throughout the term in areas of fitness knowledge. (Able to use 3-5 practicum hours toward this).

LEARNING OUTCOMES:

1. The student will understand at least one or two niche markets in the fitness industry, and gain practical experience working with each.
2. The student will learn to network with industry leaders, facility managers, local personal trainers and medical professionals.
3. The student will compare a variety of exercise classes and be able to evaluate each based upon class content; exercise technique; and the teaching effectiveness of different instructors.
4. Students will become familiar with a variety of exercises and stretches and are able to accommodate a client's individual needs.
5. The student will develop the necessary resources and skills to conduct thorough exercise consultations.

TRANSFERABILITY:

Not officially transferable to other institutions at this time.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

EVALUATIONS:

Goal Setting Assignments	Sept.24, Oct.1, 22 ,29 Nov.5, 12, 19	20%
Consultation Form	Oct.5	10%
YouTube Exercise Assignment	Oct.19	20%
Referral Directory	Nov.16	5%
Personal Training Position Paper	Nov.23	20%
Practicum Summary Paper	Dec.7	20%
Agency Evaluations	Dec.7	5%

** Late assignments will be deducted 10% per day.

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

**Seminar and roundtable attendance is mandatory. Those students who have 3 unexcused absences may not receive course credit. Students must attend Zoom classes with their video on for the duration of the class.

GRADING CRITERIA:

Please note that a grade of C- is required to pass PF2920, and that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN "C-" IF YOU ARE PLANNING TO CONTINUE IN THE PERSONAL TRAINER DIPLOMA OR TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		F	0.0	0-59
B	3.0	73-76				
B-	2.7	70-72				

COURSE SCHEDULE/TENTATIVE TIMELINE:

PF1910 consists of two instructional sessions per week (110 min and 50 min), and 52 hours of practicum experience over the semester.

Lectures	Tuesday	8:30am – 10:20am	M119
	Friday	10am – 10:50am	M119

Sept.3	Orientation
Sept.7	Practicum Opportunities Overview
Sept.10	Practicum Opportunities Overview & Discuss YouTube Exercise Video Assignment Book Individual Goal Setting Interviews for week of Sept.13-17
Sept.14	No class. (Individual Goal Setting Interviews booked for week of Sept.13-17) <i>*Group work for YouTube Exercise Video Assignment</i>
Sept.17	No class. (Individual Goal Setting Interviews booked)
Sept.21	Seminar #1: Conduct of a Personal Trainer/ Customer Service

Sept.24	~Practicum Placements Announced: Official Start~ <i>*Practicum Goals Due</i>
Sept.28	Seminar #2: Observation of an exercise consult
Oct.1	No class. Practicum Hours. <i>*Goal Setting Due</i>
Oct.5	Roundtable discussion. <i>*Consult Forms Due</i>
Oct.8	No class. Practicum Hours.
Oct.11-15	FALL BREAK: No Classes
Oct.19	Roundtable discussion. <i>*YouTube Exercise Video Assignment Due</i>
Oct.22	No class. Practicum Hours. <i>*Goal Setting Due</i>
Oct.26	Roundtable discussion.
Oct.29	No class. Practicum Hours. <i>*Goal Setting Due</i>
Nov.2	TBA
Nov.5	No class. Practicum Hours. <i>*Goal Setting Due</i>
Nov.9	Roundtable discussion.
Nov.12	No class. Practicum Hours. <i>*Goal Setting Due</i>
Nov.16	TBA <i>*Referral Directory Due</i>
Nov.19	No class. Practicum Hours. <i>*Goal Setting Due</i>
Nov.23	Roundtable discussion. <i>*Personal Training Position Paper Due</i>
Nov.26	No class. Practicum Hours.
Nov.30	No class. Practicum Hours.
Dec.3	No class. Practicum Placements end.
Dec.7	Roundtable discussion. <i>*Agency Evaluations & Practicum Summary Paper Due</i>

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

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 College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

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