

**DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES**

**COURSE OUTLINE – Fall 2022**

**PF 1910 (A2): FITNESS PRACTICUM- 3 (2-0-3) 75 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  
**OFFICE:** K214  
**OFFICE HOURS:** By appointment

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**CALENDAR DESCRIPTION:**

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

**PREREQUISITES:** PA1981, PF1980 and PF 2900

NOTE: PF 1910 is for Personal Trainer Diploma students only

**REQUIRED TEXT/RESOURCE MATERIALS:**

**NSCA's Essentials of Personal Training, 3<sup>rd</sup> Edition**

Shoenfeld, B.J., and Snarr R,L. (2022). . 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 online exercise and stretching resources to be used with future programming for clients.
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 social media marketing mediums and producing quality exercise videos.
5. The student will develop the necessary resources and skills to conduct thorough exercise consultations.

## **TRANSFERABILITY:**

Not officially transferable to another institution at this time.

Please consult the Alberta Transfer Guide for more information <http://www.transferalberta.ca>.

## EVALUATIONS:

Goal Setting Assignments	Sept.28, Oct.3, 17 ,31, Nov.14, 28	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.12	20%
Agency Evaluations	Dec.12	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 PF1910. 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	Monday	2:30pm – 4:20pm	M119
	Wednesday	2:30pm – 5:20pm	M119

## COURSE SCHEDULE/TENTATIVE TIMELINE:

<b>Sept.7</b>	Orientation: Slideshow; Review Course Outline/Assignments
<b>Sept.12</b>	Practicum Opportunities Overview (Homework Best and Worst YouTube Exercise Videos) Book Individual Goal Setting Interviews between Sept.14-19
<b>Sept.14</b>	Practicum Opportunities Overview & Discuss YouTube Exercise Video Assignment (Individual Goal Setting Interviews booked)
<b>Sept.19</b>	No class. (Individual Goal Setting Interviews booked) <i>*Group work for YouTube Exercise Video Assignment*</i>
<b>Sept.21</b>	Seminar #1: Conduct of a Personal Trainer/ Customer Service
<b>Sept.26</b>	~Practicum Placements Announced: Official Start~
<b>Sept.28</b>	Seminar #2: Observation of an exercise consult <i>*Practicum Goals Due</i>
<b>Oct.3</b>	Roundtable discussion. <i>*Goal Setting Due</i>
<b>Oct.5</b>	No class. Practicum Hours. <i>*Consult Forms Due</i>
<b>Oct.10-15</b>	<b>FALL BREAK: No Classes</b>
<b>Oct.17</b>	Roundtable discussion. <i>*Goal Setting Due</i>
<b>Oct.19</b>	No class. Practicum Hours. <i>*YouTube Exercise Video Assignment Due</i>
<b>Oct.24</b>	TBA
<b>Oct.26</b>	No class. Practicum Hours.
<b>Oct.31</b>	Roundtable discussion. <i>*Goal Setting Due</i>
<b>Nov.2</b>	No class. Practicum Hours.
<b>Nov.7</b>	TBA
<b>Nov.9</b>	No class. Practicum Hours.
<b>Nov.14</b>	Roundtable discussion. <i>*Goal Setting Due</i>
<b>Nov.16</b>	No class. Practicum Hours. <i>*Referral Directory Due</i>
<b>Nov.21</b>	TBA
<b>Nov.23</b>	No class. Practicum Hours. <i>*Personal Training Position Paper Due</i>
<b>Nov.28</b>	Roundtable discussion. <i>*Goal Setting Due</i>
<b>Nov.30</b>	No class. Practicum Hours.
<b>Dec.5</b>	TBA
<b>Dec.7</b>	No class. Practicum Placements end.
<b>Dec.12</b>	Roundtable discussion. <i>*Agency Evaluations &amp; Practicum Summary Paper Due</i>

## 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.