# Grande Prairie Regional College Department of Physical Education, Athletics & Kinesiology

# Course Outline PF 1910 Fitness Leadership Practicum

Instructor: Laura Hancharuk Office: M102

Phone: 539-2440

Course Times: Tues

Tuesdays & Thursdays

Location: H223

1:00 - 2:20pm

### Course Description:

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

#### Prerequisite/Corequisite:

Current BCLS (CPR), PE 1000 (Human Anatomy), AFLCA Fitness Theory and certification in at least one AFLCA Specialty area.

NOTE: PE 1910 is for Fitness Leadership Diploma students only. This class has supplemental costs for evaluations and certifications.

# Course Objectives:

- 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.
- To develop practical experience in the fitness leadership industry including: employment interviews, program planning, design and instruction in a professional setting for a minimum of 52 hours.
- Gain invaluable opportunities to network within the local fitness community.

Required Text: Client - Centered Exercise Prescription

John C. Griffin

Publishers: Human Kinetics, 1998

#### Attendance:

Attendance and active participation are fundamental requirements to this course. It is the policy of the Department of PEAK that a student missing more than 10% (3 days) for unexcused absences may not be allowed to write the final exam.

# Transferability:

This course is currently not transferable to the University of Alberta.

## Evaluation:

1.	Resume		10%
2.	Seminar Attendance/Participation		20%
3.	AFLCA Observation		20%
4.	Practicum	*Logbook *Agency Evaluation	25% 25%