

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:** Tuesdays & Thursdays  
1:00 – 2:20pm

**Location:** H223

**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:**

1. 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.
2. 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.
3. Gain invaluable opportunities to network within the local fitness community.

**Required Text:** Health Fitness Instructor's Handbook  
Howley & Franks  
Publishers: Human Kinetics, 2003

**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.	Assignments		20%
2.	Seminar Attendance/Participation		10%
3.	AFLCA Observation		20%
4.	Practicum	*Midterm Logbook	12.5%
		*Final Logbook	12.5%
		*Agency Evaluation	25%

**Attendance is mandatory at all Fit 'n Firm Seminars:** A complete list of dates and times is attached.