

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: Mondays & Wednesdays
2:30pm - 3:50pm

Location: Portable J

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%
	Reading Assignments & Consultation Form Design	
2.	AFLCA Observation	30%
3.	Practicum	*Logbook
		Midterm Logbook due: Oct. 31
		Final Logbook due: Dec.5
		*Agency Evaluation
		<u>20%</u>
		100%