

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

Course Outline
PF 1910
Fitness Leadership Practicum

Instructor: Laura Hancharuk **Office:** M102

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Course Times: Mondays & Wednesdays
 1:00pm – 2:20pm

Course Location: H223

Course Description:

A theoretical and practical course on implementing fitness leadership techniques in local fitness facilities and community organizations.

Prerequisite/Corequisite:

Current CPR, PE 1000 (Human Anatomy), PF 2900 CPAFLA, 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 exercise and stretching resources that will be included in future consultation packages.
3. To develop practical experience in the fitness leadership industry including: employment interviews, program planning, design and instruction in professional settings for a minimum of 52 hours. A minimum of 3 exercise consultations must be performed this semester and included in your logbook.
4. To be a mentor to first year Fitness Leadership Students, providing guidance and assistance throughout the term. (Able to use 3-5 practicum hours toward this).
5. Gain invaluable opportunities to network within the local fitness community.

Delivery Mode(s):

This course includes seminars and practical hours to be performed at agencies within our local fitness community.

Required Text: NSCA's Essentials of Personal Training
Earle and Baechle
Publishers: Human Kinetics, 2004

Attendance:

Attendance and active participation during seminars 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.	Consultation Form (Due: Sept.30)	10%
2.	Personal Training Position Paper (Due: Oct.19)	10%
2.	Exercise/Stretching Package (Due: Nov.9)	30%
3.	Practicum Logbook Midterm Logbook due: Oct.28 Final Logbook due: Nov.30	30%
4.	Agency Evaluation (To be included in Logbook: Due: Nov.30)	<u>20%</u> 100%

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	Excellent
A	4.0	85 - 89	
A-	3.7	80 - 84	First Class Standing
B+	3.3	76 - 79	
B	3.0	73 - 75	Good
B-	2.7	70 - 72	
C+	2.3	67 - 69	Satisfactory
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	Minimal Pass
D	1.0	50 - 54	
F	0.0	0 - 49	Fail

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.