



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY.

COURSE OUTLINE – FALL 2013

PF 1910 – FITNESS LEADERSHIP PRACTICUM – 3 (3-0-0)

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-539-2440
OFFICE: K215 **E-MAIL:** lhancharuk@gprc.ab.ca

OFFICE HOURS: By appointment.

PREREQUISITE(S)/COREQUISITE: AFLCA Exercise Theory/PE1000 Anatomy Current CPR, PE 1000 (Human Anatomy), PF 2900 CPAFLA, AFLCA Exercise 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.

REQUIRED TEXT/RESOURCE MATERIALS:

1. Coburn, J.W., and Malek M.H. (2012). NSCA's Essentials of Personal Training, 2nd Edition. Champaign, IL, Human Kinetics.

CALENDAR DESCRIPTION:

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

CREDIT/CONTACT HOURS:

PF1910 consists of two 80 minute instructional sessions per week, and 52 hours of practicum experience over the semester.

Lectures Monday and Wednesday 1:00 - 2:20pm B304

DELIVERY MODE(S): The course work includes class discussions, lectures and practicum hours in the community.

OBJECTIVES (OPTIONAL):

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. The 52 hours will include shadowing at least 2-3 PTs, required participation in at least 3 exercise classes, and 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. To develop invaluable networks within the fitness and medical communities for referrals.

TRANSFERABILITY:

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

GRADING CRITERIA:

Referral Directory	Due: Sept. 16	5%
Consultation Form	Due: Sept. 25	10%
Personal Training Position Paper	Due: Oct. 9	10%
Group Exercise/Stretching Package	Due: Nov. 4	25%
Practicum Logbook	Due: Oct. 28(midterm), Dec. 2 (Final)	30%
Agency Evaluations	(To be included in Logbook)	20%

**** Late assignments will be deducted 10% per day.**

**** All grading criteria and examinations must be completed to receive course credit. Seminar attendance is mandatory. Those students who have 3 unexcused absences may not receive course credit. A warning letter will be given to the student after 2 unexcused absences.**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
D⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EVALUATIONS:

STUDENT RESPONSIBILITIES: All assignments must be word-processed. It is particularly important to save a copy of any written work that is handed in for credit or grading.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.

COURSE SCHEDULE/TENTATIVE TIMELINE: See course schedule document. This is a tentative document that may change as the course progresses. It is the student's responsibility to be aware of any changes. Changes will be announced in class or via Moodle.