



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

COURSE OUTLINE – WINTER 2018

PF 2900 – FITNESS ASSESSMENT & ADVANCED COUNSELING – 3(1-0-3) 60 HOURS

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-539-2440
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OFFICE HOURS: By appointment

CALENDAR DESCRIPTION:

Students will gain both theoretical and practical knowledge in fitness assessment and counseling techniques. Upon completion, students must pass both the written and practical final exams as a prerequisite to get credit for PF2900 and enter into PF2920 and PF1910.

PREREQUISITE(S)/COREQUISITE:

PE 1000 Anatomy, PE 1015 Essentials of Human Physiology, PE 2200 Personal Physical Fitness, PE 1030 Integrative Human Physiology

REQUIRED TEXT/RESOURCE MATERIALS:

1. **CSEP-PATH Physical Activity Training for Health**
Canadian Society for Exercise Physiology
2013

DELIVERY MODE(S):

The course work includes lectures, class discussions and practical labs.

COURSE OBJECTIVES:

1. Provide students with a basic understanding of physiological changes that occur during exercise and fitness testing situations.
2. To provide students with theoretical knowledge and practical skills in the fitness assessment techniques used in the CSEP PATH and CPT protocols, among others.
3. To provide the students the opportunity to develop and implement counseling skills related to fitness and lifestyle issues.
4. To fulfill course requirements of the CSEP Certified Personal Trainer designation and prepare students to challenge both the written and practical national CPT exams.

LEARNING OUTCOMES:

1. The student will be competent in conducting the CSEP PATH fitness assessment protocol and modified fitness assessment protocols for older adults.
2. The student will have an understanding of RCMP PARE testing, Physical Literacy education for children and youth, Military & Firefighting testing and Ergonomic Assessments.
3. The student can deliver the results of fitness assessments to clients using various counseling methods and is comfortable discussing fitness and lifestyle topics to motivate clients to exercise.

TRANSFERABILITY:

This course is currently not transferrable to other academic institutions.

EVALUATIONS:

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|--|---------------------------------------|------------|
| Blood Pressure Testing | Feb.15 and March 29 | 10% |
| Body Comp Skill Assessments | Feb. 15 and March 29 | 10% |
| Midterm Examination | February 13 | 15% |
| Fitness Appraisal Testing Logbook | Due at final practical exam | 15% |
| Final Examination | Written Exam week- TBA | 25% |
| | Practical Exam April 5, 10, 12 | <u>25%</u> |
| | | 100% |

Note:

- Students must pass both the written and practical final exams as a prerequisite to get credit for PF2900 and enter into PF2920 and PF1910.
- Attendance is mandatory. Those students who have 3 unexcused absences will not be permitted to write the final exam.

COURSE SCHEDULE/TENTATIVE TIMELINE:

PF2900 consists of one 60 minute lecture and one 170 minute lab per week.

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|-----------------|----------|-----------------|-----------|
| Lectures | Tuesday | 10:00 – 11:00am | Room J204 |
| Lab 1 | Thursday | 10am – 12:50pm | Studio B |
| Lab 2 | Thursday | 2:30 – 5:20pm | Studio B |

| Date | Class | Topic | Readings for Class |
|------------|----------------|---|---|
| January 4 | Lab | View a full fitness appraisal | CSEP-PATH: ASSESS (p.51-79) |
| 9 | Lecture | Introduction of Course Outline/ Expectations CPT Background, Requirements, S.O.P | Slideshow 1 Certification & Scope of Practice |
| 11 | Lab | Practical- assessing Heart Rate/Blood Pressure | Heart Rate & Blood Pressure Notes ASK Slideshow |
| 16 | Lecture | Definitions, Foundations & Intro to Assess | Lecture 2 Powerpoints: Foundations (Section A-1) & Intro to Assess (Section B) |
| 18 | Lab | Practical: Practice BP Practical: Healthy Body Composition <i>Homework</i> - download MCAFT audio files for next week | CSEP-PATH: ASSESS: p.51-79 Heart Rate & Blood Pressure Notes Anthropometric Slideshow Body Composition Lab Notes |
| 23 | Lecture | Musculoskeletal Fitness Theory | Slideshows : Musculoskeletal Fitness Assessments Musculoskeletal Fitness Lecture |
| 25 | Lab | Practical: Musculoskeletal Fitness | Slideshows: Musculoskeletal Fitness Assessments Musculoskeletal Fitness Lab |
| 30 | Lecture | Forms & Paperwork (PAR-Q, Consent, HPAP, Fantastic) Cardiovascular Physiology Skinfolds- check landmarking | CSEP-PATH: ASK (p.39-49) and Toolkit ASK Slideshow |
| February 1 | Lab | Practical: Cardiovascular Testing Protocol (MCAFT) | CSEP-PATH: ASSESS (p. 61-64) MCAFT Lab Notes MCAFT Final Exam Marking Sheet |
| 6 | Lecture | Determining the results | Slideshows: Determining the Results 1 Determining the Results 2 |
| 8 | Lab | Practical: Girth Measurement Protocols Review Skinfold techniques & Formulas Open lab time | Body Composition Lab Notes |
| 13 | Lecture | Midterm Exam | |

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| 15 | Lab | BP Test 1, Body Comp Test 1 During testing: practice time in the lab | |
| Feb.20 | | Reading Week- no classes | |
| Feb.22 | | Reading Week- no classes | |
| 27 | Lecture | Counseling Lecture: ADVISE (Terms, Etc) | ADVISE Slideshow |
| March.1 | Lab | Counseling & Case Study Practical | Moodle: Counseling Case Studies |
| 6 | Lecture | Counseling Tools & Review website sources | CSEP-PATH Toolkit Index |
| 8 | Lab | Counseling Practical- Case Studies- use of tools. | |
| 13 | Lecture | Older Adult Fitness Testing | Older Adult Fitness Tests (Moodle) |
| 15 | Lab | Older Adult Fitness Appraisal Spot Tests for Final Practical Exams | Older Adult Fitness Tests (Moodle) |
| 20 | Lecture | Physical Literacy | Slideshow: Physical Literacy 101 |
| 22 | Lab | PARE Testing AND Physical Literacy | |
| 27 | Lecture | Other types of Fitness Testing (Military, Firefighter, etc) | To be posted. |
| 29 | Exam | Body Comp Test 2, BP Test 2, Open lab for practical of choice during testing time | |
| Apr.3 | Lecture | Theory Review for Final Exam Discuss YouTube Assignment Discuss Police Checks/Immunization records for PF1910 practicum | |
| 5 | Exam | Practical Exam- 8 hours | |
| 10 | Exam | Practical Exam- 2 hours | |
| 12 | Exam | Practical Exam- 8 hours | |

- Practical Time is to be used accordingly. Students may sign out BP cuffs and Skinfold Calipers to practice at home. BP cuffs and stethoscopes are also available for purchase in the bookstore or EBay/Amazon.
- Attendance is mandatory at all practice sessions.

The above schedule is a guideline. It 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, via email, or via Moodle

GRADING CRITERIA:

| 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 | |
| F | 0.0 | 0 – 59 | FAIL |
| WF | 0.0 | 0 | FAIL, withdrawal after the deadline |

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in areas in which individuals have reasonable expectations of privacy- including classrooms and fitness labs.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, 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.