

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

**Course Outline
PF 2900
Fitness Assessment & Advanced Counseling**

Instructor: Laura Hancharuk

Office: M102
Office Hours by appointment

Phone: 539-2440
Email: LHancharuk@gprc.ab.ca

Course Times: Tuesday 10 – 10:50am **Location: J201**
Thursday 8:30-11:30am **Location: L124**
(This location will change due to renovations)

Course Description:

Students will gain both theoretical and practical knowledge in fitness assessment and counseling techniques. Upon completion, students will fulfill both the written and practical exams of the CSEP Health & Fitness Program's Canadian Physical Activity, Fitness & Lifestyle Approach.

Pre/Co-requisites: PE 1000 Anatomy, PE 1020 Physiology; PE 1100 Fitness & Health;

Students will require PY 1040 Psychology and PF 2920 CPT Exercise Prescription and submit their transcripts to CSEP to complete their Certified Personal Trainer Certification.

Course Objectives:

1. To develop and implement advanced counseling skills in the area of fitness and lifestyle issues.
2. To provide students with opportunities to develop fitness assessment techniques used in the CPAFLA and CPT protocols.
3. To obtain Certified Fitness Consultant (CPT Module 1) certification by passing the written and practical national exams.
4. To fulfill course requirements of the Certified Personal Trainer designation.

Lab Fee: This course is subject to a \$15.00 lab fee.

Required Text: **The Canadian Physical Activity, Fitness & Lifestyle Approach Manual**
Canadian Society for Exercise Physiology
3rd Edition. 2003

CPT Study Guide (\$45+GST=\$47.25)

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:

Currently not approved for transferability to U of A or U of C.

Evaluation:

1.	Blood Pressure Testing (March 5, 26)	10%
2.	Skinfold Skill Assessments* (March 5, 26)	10%
3.	Midterm Examination (March 3)	15%
4.	Counseling Exam (March 17)	5%
5.	Testing Logbook, Due April 2	10%
6.	Final Examination	
	Written (exam week)	25%
	Practical Exam (April 2-14)	<u>25%</u>
		100%

- * Students are to come to class with their partners already landmarked and the measurements already recorded. However, you will still need to demonstrate the measurement skills again during the examination.
- Students are required to perform at least 8 - 10 Full Fitness Appraisals prior to the final practical exam. L124 (or our alternative location) can be booked through the Registrar's office by calling Amy at 780-539-2858.