



## DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

### COURSE OUTLINE – WINTER 2013

#### PF 2900 – FITNESS ASSESSMENT & ADVANCED COUNSELING – 4(1-3-0)

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

**OFFICE HOURS:** By appointment

#### **PREREQUISITE(S)/COREQUISITE:**

PE 1000 Anatomy, PE 1020 Physiology; PE 1100 Fitness & Health; To complete their CSEP Certified Personal Trainer Certification, students will require PY 1040 Psychology; PF 2920 CPT Exercise Prescription and PE 2000 Exercise Physiology and submit their transcripts to the Alberta CSEP office.

#### **REQUIRED TEXT/RESOURCE MATERIALS:**

- 1. The Canadian Physical Activity, Fitness & Lifestyle Approach Manual**  
Canadian Society for Exercise Physiology  
3<sup>rd</sup> Edition. 2003
- 2. CSEP-CPT Study Guide**

#### **CALENDAR 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.

#### **CREDIT/CONTACT HOURS:**

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

<b>Lectures</b>	Tuesday	10:00 – 11:00am	Room J229
<b>Lab 1</b>	Thursday	10am – 12:50pm	Studio B
<b>Lab 2</b>	Thursday	2:30 – 5:20pm	Studio B

**DELIVERY MODE(S):** The course work includes lectures, class discussions and practical labs.

**OBJECTIVES (OPTIONAL):**

1. Develop 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 CSEP’s CPAFLA and CPT protocols among others.
3. To develop and implement advanced counseling skills in the area of fitness and lifestyle issues.
4. To fulfill course requirements of the CSEP Certified Personal Trainer designation and prepare students for the national CPT exams (written and practical) that are taken in PF2920.

**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:**

<b>Blood Pressure Testing</b>	(Feb. 14 and March 28)	10%
<b>Skinfold Skill Assessments*</b>	(Feb. 14 and March 28)	10%
<b>Midterm Examination</b>	(February 12)	15%
<b>Counseling Assignment</b>	(March 12)	5%
<b>Fitness Appraisal Testing Logbook**</b>	, Due April 4	10%
<b>Final Examination</b>		
	<b>Written</b> (exam week)	25%
	<b>Practical Exam</b> (April 4-16)	<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.**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

## COURSE SCHEDULE/TENTATIVE TIMELINE:

<u>Date</u>	<u>Lecture/Lab</u>	<u>Content</u>
January	8	<b>Lecture/Lab</b> Introduction of Course Outline/ Expectations History of CSEP H&FP CPT Background, Requirements, Scope, Exam Process Observe Fitness Appraisal Video
	10	<b>Lab</b> Practical: Heart Rate/Blood Pressure
	15	<b>Lecture</b> Definitions, Determinants of Health, Dose/Response, TRIAD approach Energy Systems, Cardiorespiratory Physiology-BP Reading: Background & Introduction (white tab) p.1-1 through 1-10; Chapter 4 and 6
	17	<b>Lab</b> Practical: Healthy Body Composition
	22	<b>Lecture</b> Musculoskeletal Fitness Theory
	24	<b>Lab</b> Practical: Musculoskeletal Fitness
	29	<b>Lecture</b> TBA: Forms & Paperwork (PAR-Q, Consent, HPAP, Fantastic) Skinfolds- check landmarking
	31	<b>Lab</b> Practical: Cardiovascular Testing Protocol (MCAFT)
February	5	<b>Lecture</b> TBA: Additional Theory?
	7	<b>Lab</b> Practical: Open lab time
	12	<b>Lecture</b> Midterm Exam
	14	<b>Lab</b> BP Test 1, Skinfolds Test 1, During testing: practice time in the lab
	19	Reading Week- no classes
	21	Reading Week- no classes
	26	<b>Lecture</b> Determining the results
	28	<b>Lab</b> Determining the Results- Body Comp & MCAFT MSE, Composite Scores
March	5	<b>Lecture</b> Counseling: Understanding Behavior Change- Terms/Stages of Change and Tools for Behavioral Change

	7	<b>Lab</b>	Counseling/ Helping People Change Practical, Case Study Results Interpretation
	12	<b>Lecture</b>	<b>Counseling Quiz &amp; Mark in Class</b>
	14	<b>Lab</b>	<b>Practical: Counseling</b>
	19	<b>Lecture</b>	<i>TBA</i>
	21	<b>Lab</b>	<i>Practical: TBA</i>
	26	<b>Lecture</b>	Review of Calculations
	28	<b>Lab</b>	<b>Skinfolds Test 2, BP Test 2,</b> Open lab for practical of choice during testing time
<b>April</b>	2	<b>Lecture</b>	Theory Review
	4	<b>Lab</b>	<b>Practical Exam- 3 hours</b>
	9	<b>Lab</b>	<b>Practical Exam- 1 hour</b>
	11	<b>Lab</b>	<b>Practical Exam- 3 hours</b>
	16	<b>Lab</b>	<b>Practical Exam- 1 hour</b>

- 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.
- 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 or via Moodle.