



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

COURSE OUTLINE – WINTER 2014

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

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.

Lectures	Tuesday	10:00 – 11:00am	Room J229
Lab 1	Thursday	10am – 12:50pm	Studio B
Lab 2	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:

Blood Pressure Testing	(Feb. 13 and March 27)	10%
Skinfold Skill Assessments*	(Feb. 13 and March 27)	10%
Midterm Examination	(February 11)	15%
Fitness Appraisal Testing Logbook**	Due at final practical exam	15%
Final Examination		
	Written (exam week)	25%
	Practical Exam (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⁺	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.