



**DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY**

**COURSE OUTLINE – WINTER 2016**

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

**INSTRUCTOR:** Laura Hancharuk

**PHONE:** 780-539-2440

**OFFICE:** K215

**EMAIL:** lhancharuk@gprc.ab.ca

**OFFICEHOURS:** By appointment

**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

**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.

**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.

## **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 and Physical Literacy education for children and youth.
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:**

<b>Blood Pressure Testing</b>	(Feb. 11 and March 24)	10%
<b>Skinfold Skill Assessments*</b>	(Feb. 11 and March 24)	10%
<b>Midterm Examination</b>	(February 9)	15%
<b>Fitness Appraisal Testing Logbook**</b>	Due at final practical exam	15%
<b>Final Examination</b>	<b>Written</b> (exam week)	25%
	<b>Practical Exam</b> (Mar.31-Apr.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.**

**GRADING CRITERIA:**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	<b>F</b>	<b>0.0</b>	<b>0-59</b>
B	3.0	73-76			
B-	2.7	70-72			

**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 CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:**

- Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes 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 <http://www.gprc.ab.ca/about/administration/policies/>

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

Date	Class	Topic	Readings for Class
January 7	Lecture	Introduction of Course Outline/ Expectations CPT Background, Requirements, S.O.P	Slideshow 1 Certification & Scope of Practice
January 7	Lab	Part 1: View a full fitness appraisal Part 2: Practical- assessing Heart Rate/Blood Pressure	CSEP-PATH: ASSESS (p.51-79)  Heart Rate & Blood Pressure Notes ASK Slideshow
12	Lecture	Definitions, Foundations & Intro to Assess	Lecture 2 Powerpoints: Foundations (Section A-1) & Intro to Assess (Section B)

14	Lab	Practical: Practice BP Practical: Healthy Body Composition	CSEP-PATH: ASSESS: p.51-79 Heart Rate & Blood Pressure Notes Anthropometric Slideshow Body Composition Lab Notes
19	Lecture	Musculoskeletal Fitness Theory	Slideshows : Musculoskeletal Fitness Assessments Musculoskeletal Fitness Lecture
21	Lab	Practical: Musculoskeletal Fitness	Slideshows: Musculoskeletal Fitness Assessments Musculoskeletal Fitness Lab
26	Lecture	Forms & Paperwork (PAR-Q, Consent, HPAP, Fantastic) Skinfolds- check landmarking	CSEP-PATH: ASK (p.39-49) and Toolkit ASK Slideshow
28	Lab	Practical: Cardiovascular Testing Protocol (MCAFT)	CSEP-PATH: ASSESS (p. 61-64) MCAFT Lab Notes MCAFT Final Exam Marking Sheet
February 2	Lecture	Determining the results	Slideshows: Determining the Results 1 Determining the Results 2
4	Lab	Practical: Open lab time  Skinfold techniques	Body Composition Lab Notes
9	Lecture	<b>Midterm Exam</b>	
11	Lab	<b>BP Test 1, Skinfolds Test 1</b> <b>During testing: practice time in the lab</b>	
Feb.16		<b>Reading Week- no classes</b>	
Feb.18		<b>Reading Week- no classes</b>	
23	Lecture	Counseling Lecture: ADVISE (Terms, Etc)	ADVISE Slideshow
25	Lab	Counseling & Case Study Practical	Moodle: Counseling Case Studies
March 1	Lecture	Counseling Tools & Review website sources	CSEP-PATH Toolkit Index
3	Lab	Counseling Practical- Case Studies- use of tools.	
8	Lecture	Older Adult Fitness Testing	Older Adult Fitness Tests (Moodle)
10	Lab	Older Adult Fitness Appraisal Spot Tests for Final Practical Exams	Older Adult Fitness Tests (Moodle)
15	Lecture	Physical Literacy	Slideshow: Physical Literacy 101

17	Lab	PARE Testing AND Physical Literacy	
22	Lecture	Other types of Fitness Testing	To be posted.
24	Lab	<b>Skinfolds Test 2, BP Test 2,</b> Open lab for practical of choice during testing time	
29	Lecture	Theory Review for Final Exam <b>PF2920 Assignment:</b> Have Assignment Groups chosen for today	
31	Exam	<b>Practical Exam- 3 hours</b>	
April 5	Exam	<b>Practical Exam- 2 hours</b>	
7	Exam	<b>Practical Exam- 3 hours</b>	
12	Exam	<b>Practical Exam- 2 hours</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 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