



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

COURSE OUTLINE – WINTER 2017

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

INSTRUCTOR: Laura Hancharuk

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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:

Blood Pressure Testing	Feb. 9 and March 30	10%
Skinfold Skill Assessments	Feb. 9 and March 30	10%
Midterm Examination	February 7	15%
Fitness Appraisal Testing Logbook	Due at final practical exam	15%
Final Examination	Written Exam week- TBA	25%
	Practical Exam April 4, 6, 11	<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:

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

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

Date	Class	Topic	Readings for Class
January 5	Lecture	Introduction of Course Outline/ Expectations CPT Background, Requirements, S.O.P	Slideshow 1 Certification & Scope of Practice
January 5	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
10	Lecture	Definitions, Foundations & Intro to Assess	Lecture 2 Powerpoints: Foundations (Section A-1)

			& Intro to Assess (Section B)
12	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
17	Lecture	Musculoskeletal Fitness Theory	Slideshows : Musculoskeletal Fitness Assessments Musculoskeletal Fitness Lecture
19	Lab	Practical: Musculoskeletal Fitness	Slideshows: Musculoskeletal Fitness Assessments Musculoskeletal Fitness Lab
24	Lecture	Forms & Paperwork (PAR-Q, Consent, HPAP, Fantastic) Skinfolds- check landmarking	CSEP-PATH: ASK (p.39-49) and Toolkit ASK Slideshow
26	Lab	Practical: Cardiovascular Testing Protocol (MCAFT)	CSEP-PATH: ASSESS (p. 61-64) MCAFT Lab Notes MCAFT Final Exam Marking Sheet
31	Lecture	Determining the results	Slideshows: Determining the Results 1 Determining the Results 2
February 2	Lab	Practical: Girth Measurement Protocols Review Skinfold techniques & Formulas Open lab time	Body Composition Lab Notes
7	Lecture	Midterm Exam	
9	Lab	BP Test 1, Skinfolds Test 1 During testing: practice time in the lab	
14	Lecture	Counseling Lecture: ADVISE (Terms, Etc)	ADVISE Slideshow
16	Lab	Counseling & Case Study Practical	Moodle: Counseling Case Studies
Feb.21		Reading Week- no classes	
Feb.23		Reading Week- no classes	
28	Lecture	Counseling Tools & Review website sources	CSEP-PATH Toolkit Index
March 2	Lab	Counseling Practical- Case Studies- use of tools.	
7	Lecture	Older Adult Fitness Testing	Older Adult Fitness Tests (Moodle)
9	Lab	Older Adult Fitness Appraisal Spot Tests for Final Practical Exams	Older Adult Fitness Tests (Moodle)

14	Lecture	Physical Literacy	Slideshow: Physical Literacy 101
16	Lab	PARE Testing AND Physical Literacy	
21	Lecture	Other types of Fitness Testing (Military, Firefighter, etc)	To be posted.
23	Lab	Ergonomic Assessments	To be posted.
28	Lecture	Theory Review for Final Exam Discuss YouTube Assignment: Discuss Requirements and choose groups.	
30	Exam	Skinfolds Test 2, BP Test 2, Open lab for practical of choice during testing time	
April 4	Exam	Practical Exam- 2 hours	
6	Exam	Practical Exam- 8 hours	
11	Exam	Practical Exam- 2 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

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.