



## DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

### COURSE OUTLINE – WINTER 2021

#### PF 2910 A3 – ADVANCED FITNESS PRACTICUM – 3 (0-1-4) 75 HOURS, 15 WEEKS

**INSTRUCTOR:** Laura Hancharuk      **PHONE:** 780-831-4608  
**OFFICE:** K214      **EMAIL:** Lhancharuk@gprc.ab.ca

**OFFICE HOURS:** By appointment

Mixed Delivery – Remote, Onsite and Offsite. This course is delivered remotely with some face-to-face/onsite components at the GPRC [*Grande Prairie/Fairview*] campus and with some face-to-face/offsite components in the [clinical/practicum/work experience] setting.

- For the remote delivery components: students must have a computer with a webcam and reliable internet connection. Technological support is available through [helpdesk@gprc.ab.ca](mailto:helpdesk@gprc.ab.ca).
- For the onsite components: students must supply their own mask [and/or face shield] and follow [GPRC Campus Access Guidelines and Expectations](#).
- For the offsite components: Students must follow the offsite agencies COVID-19 Guidelines and Protocols as well as the [GPRC Campus Access Guidelines and Expectations](#).

Note: GPRC reserves the right to change the course delivery.

#### CALENDAR DESCRIPTION:

This course will involve students applying techniques in exercise testing and prescription for individuals/groups. Participants will be involved in integration seminars in the class and in practical experience at local fitness centres.

#### PREREQUISITE(S)/COREQUISITE:

PF1980 (Resistance Training), PF2900 (Fitness Assessment), PF1910 (Fitness Leadership Practicum), PF2980 (Advanced Conditioning), A passing grade in PF2920 (including both written & practical exams)

#### REQUIRED TEXT/RESOURCE MATERIALS:

1. Baechle, T.R., and Earle, W. (2012). NSCA's Essentials of Personal Training. 2<sup>nd</sup> ed. Champaign, IL, Human Kinetics.

**DELIVERY MODE(S):** The course work includes class discussions, lectures and practicum hours in the community.

**COURSE OBJECTIVES:**

1. To assist students in achieving at least 52 hours of practical experience in personal training. This will be achieved by providing three personal training situations for students by arranging volunteer clients and use of various training facilities.
2. Guide the students in the development of their own training policies, procedures and personal training documents.
3. Provide invaluable opportunities to network with future clientele within the local community.
4. To provide theoretical and practical knowledge in regards to personal training issues.
5. Build a mentorship relationship between first and second year students, allowing 2<sup>nd</sup> year students to use up to 3 practicum hours toward providing guidance and assistance for the 1<sup>st</sup> year students throughout the term.

**LEARNING OUTCOMES:**

1. The student will have an understanding of client management, including, but not limited to fitness testing; goal-setting; program development; exercise instruction; supervision of training sessions; client motivation; and follow-up.
2. The student will have developed strong organizational systems and practices in the personal training industry to immediately implement upon graduation.
3. The student will have the opportunity to turn their volunteer clients into permanent paying clientele.
4. The student will have built a supportive community of peers within the industry.

**TRANSFERABILITY:**

This course is currently not transferrable to other academic institutions.

**EVALUATION:**

<b>Personal Training Participant Package</b> (due March 24)	<b>25%</b>
<b>Logbook</b> (Midpoint check: Feb.26. Final logbook due: Apr.9) (Goal Setting: Jan.27, Feb.4, Mar.17)	<b>50%</b>
<b>Personal Training Evaluations</b> (Feb.26 and Apr.9 –include in your logbook)	<b>15%</b>
<b>Student Participation</b>	<b>10%</b>

***\* All grading criteria and examinations must be completed to receive course credit.***

## COURSE SCHEDULE/TENTATIVE TIMELINE:

PF2910 consists of two 80 minute instructional sessions per week, and 52 hours of practicum experience over the semester.

Lectures	Wednesday	2:30 – 4:20pm	J204
	Friday	11:30 - 12:20pm	D308

### Personal Training Supervised Sessions:

Practicum personal training sessions are to be scheduled in the GPRC Fitness Centre, gymnasium or M121 during the following times.

Monday, Wednesday and Fridays from 1-2:20pm and Tuesdays from 11:30am-12:50pm

## COURSE SCHEDULE/TENTATIVE TIMELINE:

January	6	Orientation/Needs Analysis
		Components of Personal Training
	8	Personal Training Client Objectives
	13	Conducting Yourself/Conducting the Workout
	15	Testimonials
	20	Roundtable Goal Setting & Motivating Your Client (Handout Student self-evaluation)
	22	Assign Clients, Q & A <b>Practicums begin now</b>
	27	Roundtable- Student self-evaluation. <b>Goal Setting 1 Due</b>
	29	Check on PT sessions/clients, Q&A
February	3	Roundtable
	5	
	10	Roundtable
	12	
	17	<b>Reading Week- no class</b>
	19	<b>Reading Week- no class</b>
	24	Roundtable: <b>Goal Setting 2 Due</b>
		PT Client Eval #1 to be completed this week for clients A and B
	26	<b>Midterm Logbook Due</b>
March	3	Roundtable
	5	
	10	
	12	
	17	Roundtable: <b>Goal Setting 3 Due</b>
	19	
	24	<b>PT Participant Packages Due. Have you applied for Convocation?</b>
	26	
	31	No class: PT Client Eval #2 to be completed by Friday for ALL clients.
April	2	TBA
	7	
	9	Final Class: Class Discussion: Where to from here for CSEP? <b>Final Logbooks Due</b>

**GRADING CRITERIA:**

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	
F	0.0	0 – 59	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

**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.

Refer to the College Policy on Student Rights and Responsibilities at [www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

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

- Sending or receiving text messages during personal training hours is not acceptable. In addition, 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 [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.