

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Winter 2023

PF 2910 (A3): ADVANCED FITNESS PRACTICUM- 3 (2-0-4) 90 HRS FOR 15 WEEKS

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Laura Hancharuk
OFFICE: K214
OFFICE HOURS: By appointment

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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 centers.

PREREQUISITE(S):

PF1910, PF2980, A passing grade in PF2920 (including both written & practical exams)

REQUIRED TEXT/RESOURCE MATERIALS:

NSCA's Essentials of Personal Training, 3rd Edition

Shoenfeld, B.J., and Snarr R,L. (2022). 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 2nd year students to use up to 3 practicum hours toward providing guidance and assistance for the 1st 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:

Personal Training Participant Package (due March 20)	25%
Logbook (Midpoint check: Mar.6. Final logbook due: Apr.11) (Goal Setting: Jan.30, Feb.17, Mar.13)	50%
Personal Training Evaluations (Mar.6 and Apr.11 –include in your logbook)	15%
Student Participation	10%

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

PF2910 consists of one 110 minute and one 50 minute instructional session per week, and 52 hours of practicum experience over the semester.

Lectures	Monday	2:30 – 4:20pm	M119
	Friday	11:30 – 12:20pm	M119

COURSE SCHEDULE/TENTATIVE TIMELINE: cont.

Personal Training Supervised Sessions: Mixed Delivery – in person

Practicum personal training sessions are to be scheduled in the NWP 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
	9	Personal Training Client Objectives
	13	Conducting Yourself/Conducting the Workout
	16	Testimonials & <i>Homework: 8 Step Guide to Setting PT Boundaries</i>
	20	Roundtable Goal Setting & Motivating Your Client, (Discuss Goal Setting assignment. Handout Student self-evaluation)
	23	Assign Clients, Q & A. Practicums begin now
	27	
	30	Roundtable- Student self-evaluation. Goal Setting 1 Due Check on PT sessions/clients, Q&A
February	3	
	6	Roundtable
	10	
	13	Roundtable
	17	Goal Setting 2 Due
	20	Reading Week- no class
	24	Reading Week- no class
27	Roundtable: PT Client Eval #1 to be completed this week for clients A and B	
March	3	
	6	Roundtable Midterm Logbook Due
	10	
	13	Goal Setting 3 Due
	17	
	20	Roundtable: PT Participant Packages Due. <i>Have you applied for Convocation?</i>
	24	
27	No class: PT Client Eval #2 to be completed by Friday for ALL clients.	
31		
April	3	TBA
	7	Easter Friday: No classes
	10	Final Class: Class Discussion: Where to from here for CSEP? Final Logbooks Due

GRADING CRITERIA:

Please note that a grade of C- is required to pass PF2910. And that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO CONTINUE IN THE PERSONAL TRAINER DIPLOMA OR TRANSFER TO A UNIVERSITY.**

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		F	0.0	0-59
B	3.0	73-76				
B-	2.7	70-72				

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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

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.