

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Winter 2024

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.

LEARNING OUTCOMES:

1. The student will understand 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 develop strong organizational systems and practices in the personal training industry to immediately implement upon graduation.
3. The student will develop interpersonal skills while working with personal training clients.
4. The students will develop their own training policies, procedures and personal training documents.

TRANSFERABILITY:

This course is currently not transferrable to other academic institutions.

EVALUATION:

Assignment	Due Date	Percent of Final Grade
Personal Training Participant Package	March 24	25%
Logbook Goal Setting Midpoint Check Final Logbook	Feb. 2, 16, Mar.15 Mar.1 Apr.10	50%
Personal Training Evaluations	Mar.1 and Apr.10	15%
Student Participation		10%

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

GRADING CRITERIA:

A grade of C- is the minimum passing grade for PF2910.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	67-69
A	4.0	85-94		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

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	Wednesday	2:30 – 4:20pm	M119
	Friday	8:30 – 9:20am	J204

Personal Training Supervised Sessions:

Client A:	Mon/Wed/Fri	1:00-2:20pm
Client B:	Tuesdays	11:30am-12:50pm
Client C:	Varied. Online, once every 2 weeks.	

Practicum personal training sessions for Client A and B are to be scheduled in the NWP Fitness Centre, gymnasium or M121.

COURSE SCHEDULE/TENTATIVE TIMELINE:

January	10	Orientation/Needs Analysis
		Components of Personal Training
	12	Personal Training Client Objectives
	17	Conducting Yourself/Conducting the Workout
	19	Testimonials & <i>Homework: 8 Step Guide to Setting PT Boundaries</i>
	24	Roundtable Goal Setting & Motivating Your Client, (Discuss Goal Setting assignment. Handout Student self-evaluation)
February	26	Assign Clients, Q & A. Practicums begin now
	31	Roundtable- Student self-evaluation.
	2	Goal Setting 1 Due
		Check on PT sessions/clients, Q&A
	7	Roundtable
	9	
	14	Roundtable
	16	Goal Setting 2 Due
	21	Reading Week- no class
	23	Reading Week- no class
March	28	Roundtable: PT Client Eval #1 to be completed this week for clients A and B
	1	Midterm Logbook Due
	6	Roundtable
	8	
	13	
	15	Goal Setting 3 Due
	20	Roundtable. <i>Have you applied for Convocation?</i>
	22	PT Participant Packages Due Mar.24
	27	No class: PT Client Eval #2 to be completed by Fri, Apr.5 for ALL clients.
	29	
April	3	TBA
	5	
	10	Final Class: Class Discussion: Where to from here for CSEP? Final Logbooks Due
	12	No class

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.