

Grande Prairie Regional College
Department of Physical Education, Athletics & Kinesiology

Course Outline
PF 2910
Advanced Fitness Leadership Practicum

Instructor: Laura Hancharuk **Office:** M102 **Phone:** 539-2440

Course Times: Tues/Thurs 1:00 – 2:20 pm **Location:** J201

Office Hours: Tues/Thurs By appointment

Course Description:

A theoretical and practical course. Seminars on the business side of personal training, and practicum placements in local fitness facilities utilizing techniques in exercise testing and advanced counseling.

Prerequisites/Corequisites:

PA 1980 (Resistance Training), PF1910 (Fitness Leadership Practicum), A passing grade in PF2920 (including both written & practical exams)

Course Objectives:

1. To provide theoretical and practical knowledge in regards to the business issues of personal training.
2. To develop practical experience in one-on-one Personal Training. Including fitness testing; program development; goal-setting; motivation during sessions; and follow-up. Students will work with at least three full-time clients throughout the semester.
4. Gain invaluable opportunities to network within the local fitness community.

Required Text:

NSCA's Essentials of Personal Training
Earle and Baechle, 2004
Publishers: Human Kinetics, Champaign, Illinois

Related Texts:

Canadian Physical Activity Fitness & Lifestyle Appraisal Manual, 3rd Edition
National CSEP Health & Fitness Program

Attendance:

Attendance and active participation are fundamental requirements to this course. It is the policy of the Department of PEAK that a student missing more than 10% (3 days) for unexcused absences may not be allowed to write the final exam, or in this case, complete the course requirements.

Transferability:

This course is currently not transferable to the University of Alberta.

Evaluation:

- | | | |
|----|---|-----|
| 1. | Seminar Presentation | 15% |
| 2. | Obesity Awareness Project | 15% |
| 3. | Personal Training Participant Package
Prepare an entire consultation package to provide to your clients
(consultation form, stretches, diagrams, guidelines, testing results, CPAFLA tools) | 20% |
| 4. | Practicum Placements
52 hours of practical experience with exercise clients or as deemed appropriate by the Practicum Coordinator | |
| | Logbook | 30% |
| | Personal Training Evaluations | 20% |

Readings and corresponding assignments will be given throughout the term. There are no marks associated with these.

NOTE: BA 1040: Business/Marketing Plan

The business/marketing plan that is being designed in BA 1040, is to be implemented upon graduation from the Fitness Leadership Diploma Program. FITL students should take this opportunity to design business cards, brochures and posters to potentially include in your plan. Please submit a copies of this work in your final PF1910 logbook for perusal only (not for marks).

Fit 'n Firm Seminars:

Students must attend the Fit 'n Firm Seminar: Exercise & Weightloss on Thursday, January 15, 2008 from 7-9:30pm. You will be introduced at the seminar and will be met by participants afterward to sign on as your clients for the semester.

You are invited to attend the Fit 'n Firm Seminars offered by the Be Fit For Life Centre from January to April. A complete list of dates and times is available online at www.fitnfirm.ca.