

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

Course Outline
PF 2910
Advanced Fitness Leadership Practicum

Instructor: Laura Hancharuk **Office:** K215 **Phone:** 539-2440

Course Times: Tues/Thurs 1:00 – 2:20 pm **Location:** H223

Office Hours: Tues/Thurs By appointment

Course Description:

A theoretical and practical course. Seminars regarding personal training issues supplement 52 hours of practical experience in which students work with clients in a variety of personal training situations.

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.
3. To gain experience in presenting health and fitness-related material.
4. Gain invaluable opportunities to network within the local fitness community.

Delivery Mode(s):

This course includes seminars and practical hours to be performed with personal training clients.

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:

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| 1. | Seminar Presentation | 15% |
| 2. | Client Awareness Project (due in final logbook) | 15% |
| 3. | Personal Training Participant Package (due Apr.6)
Prepare an entire consultation package to provide to your clients
(consultation form, stretches, diagrams, guidelines, testing results, CPAFLA tools, policies & procedures) | 20% |
| 4. | Practicum Placements
52 hours of practical experience with exercise clients or as deemed appropriate by the Practicum Coordinator | |
| | Logbook (due: Apr.13) | 30% |
| | Personal Training Evaluations | 20% |

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 copies of this work in your final PF1910 logbook for perusal only if you would like feedback (not for marks).

Personal Training Supervised Sessions:
Practicum personal training sessions are to be scheduled in the GPRC fitness centre during the following times. Any sessions outside of these times requires the consent of the instructor.
Monday, Wednesday and Fridays from 1-2:30pm and Tuesdays from 11:30am-1pm

Department Policy on Cell Phones and Other Personal Electronic Devices
Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal 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 computer labs.

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	Excellent
A	4.0	85 - 89	
A-	3.7	80 - 84	First Class Standing
B+	3.3	76 - 79	
B	3.0	73 - 75	Good
B-	2.7	70 - 72	
C+	2.3	67 - 69	Satisfactory
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	Minimal Pass
D	1.0	50 - 54	
F	0.0	0 - 49	Fail