



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

COURSE OUTLINE – WINTER 2014

PF 2910 – FITNESS LEADERSHIP PRACTICUM – 3 (3-0-0)

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-539-2440
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OFFICE HOURS: By appointment

PREREQUISITE(S)/COREQUISITE:

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

REQUIRED TEXT/RESOURCE MATERIALS:

1. Baechle, T.R, and Earle, R.W. (2012). NSCA's Essentials of Personal Training. Champaign, IL, Human Kinetics.

CALENDAR 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.

CREDIT/CONTACT HOURS:

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

Lectures	Tuesday	1:00 - 2:20pm	Studio B or G111
	Thursday	1:00 - 2:20pm	Studio B

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

OBJECTIVES (OPTIONAL):

1. 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 clients throughout the semester for a total of 52 hours.
2. To develop a personal training consultation package that includes policies & procedures, consultation form, stretches, exercise diagrams, fitness guidelines, testing results, CPAFLA tools,)
3. Gain invaluable opportunities to network within the local fitness community and future clientele.
4. To provide theoretical and practical knowledge in regards to the business issues of personal training.
5. To be a mentor to first year Fitness Leadership Students, providing guidance and assistance throughout the term. (Able to use up to 3 practicum hours toward this).
- 6.

TRANSFERABILITY:

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

GRADING CRITERIA:

Personal Training Participant Package (due March 26)	30%
Logbook (Midpoint check: Feb.27. Final logbook due: Apr.8)	50%
Personal Training Evaluations (to be included in final logbook)	20%

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

NOTE: BA 1040: Business/Marketing Plan

The business/marketing plan that is being designed in BA1040, 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

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EVALUATIONS:

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.

STATEMENT ON PLAGIARISM AND CHEATING:

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/**

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

PF 2910
Course Schedule: 2013

January	7	Orientation/Needs Analysis
		Components of Personal Training
	9	Goal Setting
	14	Goal Setting (if required)
	16	Personal Training Client Objectives
		Assign Clients
	21	Q & A
	23	Conducting Yourself/Conducting the Workout
		Practicums begin by this date
	28	Motivating Your Client/ Customer Service/Top 10 Roundtable - Check on PT sessions/clients, Q&A
30		
February	4	Roundtable- Student self-evaluation
	6	
	11	Roundtable- PT Business Ideas
	13	
	18	Reading Week- no class
	20	Reading Week- no class
	25	Optional: Registering your business/Naming your company
27	Midterm Logbook Due	
March	4	Roundtable- Lifestyle Coaching
	6	
	11	Roundtable–Tax write-offs
	13	
	18	Roundtable – Marketing Your Fitness Business/ 30 sec Elevator Intro
	20	
	25	Roundtable - – Online Personal Training? PT Participant Packages Due
	26	
April	1	
	3	
	8	Class Discussion: Where to from here for CSEP? Final Logbooks Due , Evaluations, Collect email addresses/ postal addresses
	10	