



## DEPARTMENT OF PHYSICAL EDUCATION & KINESIOLOGY

### COURSE OUTLINE – FALL 2018

**PF2920 CERTIFIED PERSONAL TRAINER EXERCISE PRESCRIPTION –3 (3-0-1.5)67.5 hours**

**INSTRUCTOR:** Laura Hancharuk      **PHONE:** 780-539-2440 office, 780-831-4608 text  
**OFFICE:** K215      **E-MAIL:** LHancharuk@gprc.ab.ca

**OFFICE HOURS:** By appointment

#### **CALENDAR DESCRIPTION:**

This course is designed to prepare students for CSEP-CPT Certification, the Canadian standard for the field of personal training. Students will gain both theoretical and practical knowledge in exercise prescription and counseling techniques. Students prepare for the CPT core competencies in counseling, motivation, and fitness, including exercise demonstration and technique, equipment selection, exercise prescription and modification, program design and planning. Upon completion, students will fulfill both the written and practical exams of the CSEP Health and Fitness Program, Personal Trainer Certification.

**PREREQUISITE(S)/COREQUISITE:** PE 2200, PF 1980, PA 1981, PF 2900, Corequisite: PF2980

#### **REQUIRED TEXT/RESOURCE MATERIALS:**

**NSCA's Essentials of Personal Training, 2<sup>nd</sup> Edition**

Coburn, J.W., and Malek M,H. (2012). . Champaign, IL, Human Kinetics.

#### **Certified Personal Trainer Study Guide**

Canadian Society for Exercise Physiology's Health & Fitness Program

#### **The CSEP-PATH Physical Activity Training for Health Manual**

Canadian Society for Exercise Physiology, 2013

**DELIVERY MODE(S):** The course work includes lectures, class discussions, group work and practical lab hours.

**COURSE OBJECTIVES:**

1. Provide classroom and lab situations to allow the students the opportunity to develop and practice personal fitness testing and exercise prescription skills, thereby preparing students for the Canadian Society of Exercise Physiology's Certified Personal Trainer Certification's written and practical national exams.
2. To introduce students to a variety of physical conditions and the resulting adaptations in exercise program design.
3. To fulfill course requirements of the Certified Personal Trainer designation.

**LEARNING OUTCOMES:**

1. The student can demonstrate a level of knowledge and practical skills that enable him/her to provide safe, appropriate, individualized, and effective personal fitness testing/training sessions with apparently healthy clients.
2. The student has developed a knowledge base in exercise prescription and its application to specific populations.
3. The student will be prepared for the Canadian Society of Exercise Physiology's Certified Personal Trainer Certification's written and practical national exams.
4. The student will have fulfilled the course/workshop requirements of CSEP's Certified Personal Trainer designation.

**TRANSFERABILITY:**

Not officially transferable to other institutions at this time.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

## EVALUATIONS:

Practical Cardio Midterm		10%
Program Design: Case Studies	Varied: Oct/Nov	25%
Client Awareness Project	Nov.26	10%
Aerobic Testing Protocol Logbook/Evals	Due at Practical Exam	10%
Examinations: Final Exam	Exam week	20%
Practical Final Exam	End of semester	25%

**NOTE: Students may begin to make arrangements to challenge the CSEP-CPT National written exam after completing all PF2920 CSEP course content. Marks for the National CSEP-CPT exam will NOT be associated with PF2920.**

\*\* Late assignments will be deducted 10% per day.

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

\*\* Students must pass the practical final exam as a prerequisite to get credit for PF2920 and enter into PF2910.

\*\* Attendance is mandatory. Those students who have 3 unexcused absences will not be permitted to participate in the final practical exam.

## GRADING CRITERIA:

Please note that a grade of C- is required to pass PF2920, 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			

## COURSE SCHEDULE/TENTATIVE TIMELINE:

PF2920 consists of two 80 minute instructional sessions, and one 80 minute lab per week.

Lectures	Tuesday and Thursday	2:30 – 3:50pm	Room J229
Lab 1:	Monday	2:30 - 3:50pm	J229 & Studio B

Sept.6	Lecture	Orientation, Outline, Background CSEP-PPT Homework: CSEP-PATH Review
Sept.10	Lab	Conducting a "Cardiovascular Monitoring & Instruction" Protocol
Sept.11	Lecture	CSEP CPT Aerobic Theory & Protocols
Sept.13	Lecture	CSEP CPT Aerobic Prescription
Sept.17	Lab	YMCA Cycle Ergometer Protocol
Sept.18	Lecture	Aerobic Calculations
Sept.20	Lecture	Aerobic Case Studies
Sept.24	Lab	Rockport and Ebling protocols
Sept.25	Lecture	Body Composition Theory PPT
Oct.27	Lecture	Body Composition Prescription & Guidance PPT
Oct.1	Lab	Practice- Aerobic Protocols.
Oct.2	Lecture	MSF Theory PPT
Oct.4	Lecture	MSF Prescription
<b>Oct.8</b>	<b>Lab</b>	<b>No Class Thanksgiving Holiday</b>
Oct.9	Lecture	Case Study Calculations & MSF Case Study
Oct.11	Lecture	Balanced Programs, PPT
Oct.15	Lab	Stretching Lab #1
Oct.16	Lecture	4-Quadrant Program Design
Oct.18	Lecture	PRACTICAL TIME IN LAB
Oct.22	Lab	<b>"Cardio Surprise" Midterm Practical Exam</b>
Oct.23	Lecture	Case Study 1: Frail Older Adult with Asthma
Oct.25	Lecture	Case Study 1 continued...
Oct.29	Lab	Stretching Lab #2, Fascial Lines
Oct.30	Lecture	Case Study 2 Metabolic Syndrome (Obesity, Diabetes, Hypertension).
Nov.1	Lecture	Case Study 2 cont... Assign Client Awareness Project
Nov.5	Lab	Case Study 2 presentations
Nov.6	Lecture	Special Populations: Prenatal/Post-Natal Fitness Ch.18. Assign Ch.21 Worksheet
<b>Nov.8</b>	<b>Lecture</b>	<b>NO CLASS PEAK STUDENT FOR A DAY Orthopedic Injury &amp; Rehab Concerns Worksheet, Ch.21</b>
<b>Nov.12</b>	<b>Lab</b>	<b>No Class: Fall Break</b>
<b>Nov.13</b>	<b>Lecture</b>	<b>No Class: Fall Break</b>
Nov.15	Lecture	Case Study 3: Back Care & Posture
Nov.19	Lab	Case Study 3: TBA (Posture Assessments; Back Care: Tips, Tests and Preventative Measures.)
Nov.20	Lecture	Case Study 3 cont...
Nov.22	Lecture	Office Ergonomics
Nov.26	Lab	Practical Time in Lab <b>Client Awareness Project Due</b>
Nov.27	Lecture	Brain Health & Physical Activity (Alzheimer's; Depression)
Nov.29	Lecture	Practical Exam Scenarios
<b>Dec.3</b>	Studio B	<b>Final Practical Examinations (2:30-5pm) 2</b>
<b>Dec.4</b>		<b>Final Practical Examinations (2:30-5pm) 2</b>
<b>Dec.6</b>	Lecture	<b>Final Practical Examinations (2:30-5pm) 2</b>

**STUDENT RESPONSIBILITIES:**

Refer to the College Policy on Student Rights and Responsibilities at [www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

**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 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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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