



DEPARTMENT OF PHYSICAL EDUCATION & KINESIOLOGY

COURSE OUTLINE – FALL 2020

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

FALL 2020 DELIVERY: Mixed Delivery.

This course is delivered remotely with some face-to-face/onsite components at the GPRC Grande Prairie campus and/or at fitness facilities throughout our community.

- For the remote delivery components: students must have a computer with a webcam and reliable internet connection. Technological support is available through helpdesk@gprc.ab.ca.
- For the onsite components: students must supply their own mask and follow GPRC Campus Access Guidelines and Expectations (<https://www.gprc.ab.ca/doc.php?d=ACCESSGUIDE>). The dates and locations of the onsite components can be found on the Course Calendar.

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, 2nd 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:

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|--|-----------------------------|-----|
| Practical Cardio Midterm | Oct.27 | 10% |
| Program Design: Case Studies | Varied: Oct/Nov | 25% |
| Client Awareness Project | Nov.24 | 10% |
| Aerobic Testing Protocol Logbook/Evals | Due at Practical Final Exam | 10% |
| Examinations: Final Exam | Exam week | 20% |
| Practical Final Exam | Dec.7-9 | 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. Video must be turned on for the duration of all zoom lectures.

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.

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| Lectures | Monday and Wednesday | 2:30 – 3:50pm | Remote |
| Lab 1: | Tuesday | 3:00 - 4:20pm | Room M119 |

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|---------------|----------------------------------|--|
| Sept.2 | Lecture | Orientation, Outline, Background CSEP-PPT Homework: CSEP-PATH Review |
| Sept.7 | Lecture | CSEP CPT Aerobic Theory & Protocols |
| Sept.8 | Lab | Conducting a “Cardiovascular Monitoring & Instruction” Protocol |
| Sept.9 | Lecture | CSEP CPT Aerobic Prescription |
| Sept.14 | Lecture | Aerobic Calculations |
| Sept.15 | Lab | YMCA Cycle Ergometer Protocol |
| Sept.16 | Lecture | Aerobic Case Studies |
| Sept.21 | Lecture | Body Composition Theory PPT |
| Sept.22 | Lab | Rockport and Ebbing protocols |
| Sept.23 | Lecture | Body Composition Prescription & Guidance PPT |
| Sept.28 | Lecture | MSF Theory PPT |
| Sept.29 | Lab | Practice- Aerobic Protocols. |
| Sept.30 | Lecture | MSF Prescription |
| Oct.5 | Lecture | Case Study Calculations & MSF Case Study |
| Oct.6 | Lab | Stretching Lab #1- M121 |
| Oct.7 | Lecture | Balanced Programs, PPT |
| Oct.12-16 | FALL BREAK: No classes | |
| Oct.19 | Lecture | Children & Youth, PPT |
| Oct.20 | Lab | Cardio Protocol Practice in Lab |
| Oct.21 | Lecture | 4-Quadrant Program Design |
| Oct.26 | Lecture | Case Study 1: Frail Older Adult with Asthma |
| Oct.27 | Lab | Cardio Midterm Practical Exam |
| Oct.28 | Lecture | Case Study 1 continued... (Assign Client Awareness Project) |
| Nov.2 | Lecture | Case Study 2 Metabolic Syndrome -Obesity, Diabetes, Hypertension |
| Nov.3 | Lab | Stretching Lab #2, Fascial Lines- M121 |
| Nov.4 | Lecture | Case Study 2 cont... |
| Nov.9 | Lecture | Special Populations: Prenatal/Post-Natal Fitness Ch.18. Assign Ch.21 Worksheet |
| Nov.10 | Lab | Practical Time in Lab Assign: Back Care Orthopedic Injury & Rehab Concerns Worksheet, Ch.21 |
| Nov.11 | REMEMBRANCE DAY: No Class | |
| Nov.16 | Lecture | Back Health Q&A and ExRx Guidelines |
| Nov.17 | Lab | Back Health & Postures (sleeping/seated/standing) M121 |
| Nov.18 | Lecture | Case Study 3: Back Care & Posture. |
| Nov.23 | Lecture | Case Study 3: cont... |
| Nov.24 | Lab | Case Study 3 cont... Client Awareness Project Due |
| Nov.25 | Lecture | Office Ergonomics (Assign ‘Real Life’ case studies) |
| Nov.30 | Lecture | Brain Health & Physical Activity (Alzheimer’s; Depression) |
| Dec.1 | Lab | Video Interview: Real Life Case Studies |
| Dec.2 | Lecture | Practical Exam Scenarios |
| Dec.7 | Testing Room | Final Practical Examinations (2:30-5pm) 2 |
| Dec.8 | Testing Room | Final Practical Examinations (2:30-5pm) 2 |
| Dec.9 | Testing Room | Final Practical Examinations (2:30-5pm) 2 |

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at 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/**

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