



DEPARTMENT OF PHYSICAL EDUCATION & KINESIOLOGY

COURSE OUTLINE – FALL 2021

PF2920 A2 CERTIFIED PERSONAL TRAINER EXERCISE PRESCRIPTION –

3 (3-0-1.5)67.5 Hours for 15 Weeks

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

INSTRUCTOR: Laura Hancharuk

PHONE: 780-539-2440 office, 780-831-4608 text

OFFICE: K214

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: PF298

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:

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.

Lectures	Tuesday and Thursday	4:00 – 5:20pm	Room M119
Lab 1:	Wednesday	1:00 - 2:20pm	Room M119

Sept.1	Lab	Orientation, Outline, Background CSEP Homework: Review CSEP-PATH Protocols; Certification, Liability & Scope PPT; GAQ Info PPT
Sept.2	Lecture	
Sept.7	Lecture	CSEP CPT Aerobic Theory & Protocols. Homework: Review Cardio Monitoring PPT slides
Sept.8	Lab	Conducting a “Cardiovascular Monitoring & Instruction” Protocol
Sept.9	Lecture	CSEP CPT Aerobic Prescription & Cardio Monitoring PPT
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 Ebbeling 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 PPT
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 PPT
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.