

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Fall 2022

PF 2920 (A2): CERTIFIED PERSONAL TRAINER EXERCISE PRESCRIPTION- 3 (3-0-1.5) 67.5 HRS FOR 15 WEEKS

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Laura Hancharuk
OFFICE: K214
OFFICE HOURS: By appointment

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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.

PREREQUISITES: PE 1210, PF 2900

REQUIRED TEXT/RESOURCE MATERIALS:

NSCA's Essentials of Personal Training, 3rd Edition

Shoenfeld, B.J., and Snarr R,L. (2022). . Champaign, IL, Human Kinetics.

CSEP Certified Personal Trainer Certification Study Guide, 3rd Edition

Canadian Society for Exercise Physiology's Health & Fitness Program

The CSEP-PATH Physical Activity Training for Health Resource Manual, 3rd Edition

Canadian Society for Exercise Physiology

DELIVERY MODE(S):

The course work includes lectures, class discussions, group work, and practical lab work.

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:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** 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**

EVALUATIONS:

Practical Cardio Midterm	Oct. 26	10%
Program Design: Case Studies/Flexibility Files	Varied: October/November	20%
Client Awareness Project	Nov. 23	10%
Self Assessment	Dec.8	5%
Aerobic Testing Protocol Logbook	Due: Dec.6	10%
Final Exam (Written)	Exam Week- TBA	20%
Final Exam (Practical)	Dec. 6, 7, 8	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	2:30 – 3:50pm	Room M119
Lab 1:	Wednesday	8:30 - 9:50pm	Room M119

COURSE SCHEDULE/TENTATIVE TIMELINE:

Sept.1	Lab	Icebreakers, Outline, Background CSEP Homework: Review CSEP-PATH Protocols; Certification, Liability & Scope PPT; GAQ Info PPT
Sept.6	Lecture	Review CSEP-PATH Protocols; Certification, Liability & Scope PPT; GAQ Info PPT Observe a “Cardio Monitoring & Instruction” Session
Sept.7	Lab	Conducting a “Cardiovascular Monitoring & Instruction” Protocol
Sept.8	Lecture	CSEP CPT Aerobic Theory & Protocols. Homework: Review Cardio Monitoring PPT slides
Sept.13	Lecture	CSEP CPT Aerobic Prescription & Cardio Monitoring PPT
Sept.14	Lab	YMCA Cycle Ergometer Protocol
Sept.15	Lecture	Aerobic Equations
Sept.20	Lecture	Aerobic Case Studies
Sept.21	Lab	Rockport and Ebling protocols
Sept.22	Lecture	Body Composition Theory PPT
Sept.27	Lecture	Body Composition Prescription & Guidance PPT
Sept.28	Lab	Practice- Aerobic Protocols.
Sept.29	Lecture	Musculoskeletal Fitness Theory PPT
Oct.4	Lecture	Musculoskeletal Fitness Prescription PPT
Oct.5	Lab	Stretching Lab #1- M121 (Discuss Flexibility File)
Oct.6	Lecture	Case Study Calculations & MSF Case Study
Oct.10-14	FALL BREAK: No classes	
Oct.18	Lecture	Training Principles Review, Programming Applications, PPT
Oct.19	Lecture	Children & Youth, PPT
Oct.20	Lab	Cardio Protocol Practice in Lab
Oct.25	Lecture	4-Quadrant Program Design
Oct.26	Lab	Cardio Midterm Practical Exam
Oct.27	Lecture	Brain Health & Physical Activity (Alzheimer’s; Depression); Case Study 1: Frail Older Adult with Asthma
Nov.1	Lecture	Case Study 1 continued... (Assign Client Awareness Project)
Nov.2	Lab	Stretching Lab #2, Fascial Lines- M121
Nov.3	Lecture	Case Study 2 Metabolic Syndrome -Obesity, Diabetes, Hypertension
Nov.8	Lecture	Case Study 2 Metabolic Syndrome cont...
Nov.9	Lab	Practical Time in Lab Assign: Back Care Orthopedic Injury & Rehab Concerns Worksheet, Ch.21
Nov.10	Lecture	Special Populations: Prenatal/Post-Natal Fitness Ch.18. Assign Ch.21 Worksheet
Nov.15	Lecture	Back Health Q&A and ExRx Guidelines
Nov.16	Lab	Back Health & Postures (sleeping/seated/standing) M121
Nov.17	Lecture	Case Study 3: Back Care & Posture PPT
Nov.22	Lecture	Case Study 3: cont...(Assign ‘Real Life’ case studies Video)
Nov.23	Lab	Case Study 3 or 4 Client Awareness Project Due
Nov.24	Lecture	Case Study 4 Metabolic Compensation
Nov.29	Lecture	TBA: Real Life Case Studies Q&A; Case Study 4 Metabolic Compensation
Nov.30	Lab	Office Ergonomics
Dec.1	Lecture	Practical Exam Scenarios
Dec.6	M119	Final Practical Examinations (2:30-5pm)
Dec.7	M119	Final Practical Examinations (8:30-10am)
Dec.8	M119	Final Practical Examinations (2:30-5pm)

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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 <https://www.nwpolytech.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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