

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE – Fall 2023

PF2920 (A2): Certified Personal Trainer Exercise Prescription – 3 (3-0-1.5) 67.5 Hours 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: Lorelle Warr

OFFICE: K215

OFFICE HOURS: By appointment

INSTRUCTOR: Laura Hancharuk

OFFICE: K214

OFFICE HOURS: By appointment

PHONE: 780-539-2978

E-MAIL: lwarr@nwpolytech.ca

PHONE: 780-831-4608

E-MAIL: lhancharuk@nwpolytech.ca

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: PE1210, PF2900

REQUIRED TEXT/RESOURCE MATERIALS:

- NSCA's Essentials of Personal Training (3rd ed.) by Shoenfeld, B. J., & Snarr, R. L. (2022). Human Kinetics (publisher).
- CSEP-PATH Physical Activity and Training for Health (3rd ed.) by CSEP (2021). CSEP (publisher).
- CSEP-Certified Personal Trainer (CPT) Certification & Study Guide (3rd ed.). by CSEP (2019). CSEP (publisher).

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

LEARNING OUTCOMES:

Upon successful completion of this course, students will be able to:

1. Demonstrate CSEP-CPT required knowledge and practical skills for safe, appropriate, individualized, and effective personal fitness testing and training sessions with apparently healthy clients.
2. Apply exercise prescription across a variety of physical conditions and populations, within the scope of a CSEP-CPT.
3. Explain the resulting adaptations of exercise program design across a variety of physical conditions and populations, within the scope of a CSEP-CPT.

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:

Due dates and times are in MST.

Cardio Monitoring Practical	10%	Oct. 20 during lab time
Case Studies	20%	Mondays @ 11:59pm – see Case Study details
Client Awareness Project	10%	Nov. 19 @ 11:59pm
Aerobic Testing Protocol Logbook	10%	Dec. 1 in lab to Laura
Self-Assessment	5%	Dec. 12 @ 11:59pm
Practical Final Exam	25%	Dec. 7, 8, 12 – schedule TBD
Written Final Exam	20%	TBD – during exam week

**See notes below in Additional Information

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

A grade of C- is the minimum passing grade for PF2920, a grade of C- is required to progress into subsequent courses.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Lectures: T/Th @ 11:30am-1:50pm (M119) Labs: F @ 10:00am-11:20am (M119)

The schedule may be adjusted if necessary.

	Instructor	Lorelle Warr	Laura Hancharuk
	Tuesday Lecture	Thursday Lecture	Friday Lab
Sept 5-8	Introduction and Review	Observe Cardio Monitoring	Cardio Monitoring Session
Sept 12-15	Aerobic Theory & Protocols	Aerobic Prescription & Cardio Monitoring	YMCA Cycle Ergometer Protocol
Sept 19-22	Aerobic Equations	Aerobic Case Studies	Rockport & Ebbling Protocols
Sept 26-29	Body Composition Prescription & Guidance	Musculoskeletal Fitness Theory	Aerobic Protocols Practice
Oct 3-6	Musculoskeletal Fitness Prescription	Case Study Calculations & MSF Case Study	Stretching Lab 1
Oct 10-13	Training Principles & Program Application	Children and Youth	Cardio Monitoring Practice
Oct 17-20	4 Quadrant Program Design	Older Adult	Cardio Monitoring Practical
Oct 24-27	Brain Health & Physical Activity	Case Study 1: Frail Older Adult with Asthma	Stretching Lab 2
Oct 31-Nov 3	Metabolic Syndrome	Case Study 2: Metabolic Syndrome	Cardio Monitoring & Aerobic Protocols
Nov 7-10	Pre/Post-Natal Fitness	Case Study 3: Post Natal	Case Study 3: Post Natal
Nov 14-17	FALL BREAK – No Classes		
Nov 21-24	Menopause/PCOS	Case Study 4: Menopause/PCOS	Case Study 4: Menopause/PCOS
Nov 28-Dec 1	Metabolic Compensations	Case Study 5: Metabolic Compensations Real Life Case Studies	Case Study 5: Metabolic Compensations
Dec 5-8	Practical Exam Scenarios	Practical Final Exam	Practical Final Exam
Dec 12	Practical Final Exam	No Classes	

STUDENT RESPONSIBILITIES:

Attendance: Students are expected to attend all scheduled classes, arrive on time, and remain for the duration of the activities. Arriving late or leaving early is disruptive to the entire class. Frequent tardiness may be treated as absence. **Students with absences in excess of 3 classes may be refused permission to participate in the final practical exam.** For more information, please refer to the Academic Regulations on Debarred from Exams at <https://www.nwpolytech.ca/programs/grading-systems.html>.

Time Management: Adopting and adhering to effective learning habits in this course will likely take up a great deal of time so plan your schedule accordingly. It is difficult to catch up once a student falls behind in required readings and exercises.

Cell Phones: The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class is therefore strictly prohibited.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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

Additional Information:

Late assignments: Assignments will be deducted 10% per day following the due date.

Course Completion: All grading criteria and examinations must be completed to receive course credit.

Practical Final Exam: Students must pass the practical final exam to receive credit for PF2920, which is a pre-requisite for PF2910.