

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics & Kinesiology**

**Course Outline**  
**PF 2920**  
**Certified Personal Trainer: Module 2 Exercise Prescription**

**Instructor:** Laura Hancharuk

**Office:** M102

**Phone:** 539-2440

**Email:** LHancharuk@gprc.ab.ca

**Course Times: Lecture:** Mon/Wed 2:30-3:50pm

**Lab:** Wednesdays 4-5:20pm

**Location:** H211

**Location:** J227

**Course Description:**

This course is designed to help you prepare to attain CSEP-CPT status. The CSEP-CPT certificate is the Canadian "standard" for the field of personal training. Students will gain both theoretical and practical knowledge in exercise prescription and counseling techniques. The course prepares the student for the CPT core competencies: counseling and motivation, components of 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 & Fitness Program's Certified Personal Trainer Certification.

**Pre/Co-requisites:**

PF 1980 Resistance Training, PA 1981 Cardiovascular Training, PE 1100 Fitness & Health; PF 2900 Fitness Assessment & Advanced Counseling (including achieving passing grades for both the written and practical national exams), PE 1050 Sports Administration.

Students will be required to submit transcripts of PE 2000 Exercise Physiology, PY 1040 Psychology, PE 2400 Sports Injuries, PF 1910 Fitness Practicum and PF 2910 Advanced Fitness Practicum to fulfill the CPT Certification.

**Course Objectives:**

1. Demonstrate a level of knowledge and practical skills that will enable the student to provide safe, appropriate, individualized, and effective personal fitness testing/training sessions with apparently healthy clients.
2. To develop a knowledge base in exercise prescription and its application to specific populations.
3. To develop and implement motivational techniques to increase client adherence to exercise.
4. To develop networks within the fitness and medical communities for referrals.
5. To obtain the Canadian Society of Exercise Physiology's Certified Personal Trainer certification by passing the written and practical national exams.
6. To fulfill course requirements of the Certified Personal Trainer designation.

**Delivery Mode(s):**

This course includes lectures and labs.

**Lab Fee:** This course is subject to a \$15.00 lab fee.

**Required Text:**

**Certified Personal Trainer Study Guide**

Canadian Society of Exercise Physiology's Health & Fitness Program

**The Canadian Physical Activity, Fitness & Lifestyle Approach Manual**

Canadian Society for Exercise Physiology  
3<sup>rd</sup> Edition. 2003

**NSCA's Essentials of Personal Training**

Earle and Baechle  
Publishers: Human Kinetics, 2004

**Attendance/Missed Exam/Assignments:**

- Attendance is required.
- Missed deadlines on assignments will result in a 10% penalty per day.

**Transferability:** 3 credit course

**Evaluation:**

1.	Referral Directory (Due: Sept.23)	5%
2.	Aerobic Testing Protocol Logbook (Due: Final Class)	15%
3.	Program Design: Case Studies (Oct/Nov)	30%
4.	Examinations: (CPT National Exam)	
	Written (TBA midterm week)	25%
	Practical (December- final week of classes)	25%
		100%

**Course Timelines:**

Sept/Oct:	CPAFLA Review	CPAFLA Manual
	New Aerobic Protocols	CPT Study Guide & Blackboard
	CPT Exercise Prescription content	CPT Study Guide & Blackboard
	Midterm Exam: National CPT Exam	
Nov/Dec:	Exercise Prescription Fundamentals	Essentials of Personal Training
	Special Populations	Essentials of Personal Training
December	National Practical Exam	

**Please note:** There will be no classes scheduled on Oct.12 (Thanksgiving), Nov.11 (Remembrance Day).

**Grading System:** The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	<b><i>Excellent</i></b>
A	4.0	85 - 89	
A-	3.7	80 - 84	<b><i>First Class Standing</i></b>
B+	3.3	76 - 79	
B	3.0	73 - 75	<b><i>Good</i></b>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<b><i>Satisfactory</i></b>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<b><i>Minimal Pass</i></b>
D	1.0	50 - 54	
F	0.0	0 - 49	<b><i>Fail</i></b>

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.