



## **DEPARTMENT OF PHYSICAL EDUCATION & KINESIOLOGY**

### **COURSE OUTLINE – FALL 2014**

#### **PF2920 CERTIFIED PERSONAL TRAINER EXERCISE PRESCRIPTION –3 (3-0-1.5) 67.5HRS**

**INSTRUCTOR:** Laura Hancharuk

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**OFFICE:** K215

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**OFFICE HOURS:** By appointment

#### **PREREQUISITE(S)/COREQUISITE:**

PF 1980 Resistance Training, PA 1981 Cardiovascular Training, PE 1100 Fitness & Health; PF 2900 Fitness Assessment & Advanced Counseling, PE 1050 Sports Administration.

Students will be required to submit transcripts of PE 2000 Exercise Physiology, PE 3030 Psychology of Sport, PE 2400 Sports Injuries, PF 1910 Fitness Practicum and PF 2910 Advanced Fitness Practicum to fulfill the CSEP-CPT Certification.

#### **REQUIRED TEXT/RESOURCE MATERIALS:**

##### **NSCA's Essentials of Personal Training, 2<sup>nd</sup> 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 Canadian Physical Activity, Fitness & Lifestyle Approach Manual**

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

## **CALENDAR DESCRIPTION:**

This course is designed to help you prepare to attain the CSEP Health & Fitness Program's Certified Personal Trainer status. The CSEP-CPT certification is the Canadian "gold 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 the requirements of the CSEP-CPT Certification's national practical exam. Students will also be eligible to challenge the CSEP Certified Personal Trainer written exam.

## **CREDIT/CONTACT HOURS:**

PF2920 consists of two 80 minute instructional sessions, and one 80 minute lab per week.

Lectures	Monday and Wednesday	2:30 – 3:50pm	Room H211
Lab 1:	Thursday	2:30 - 3:50pm	H211 & Studio B

## **DELIVERY MODE(S):**

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

## **OBJECTIVES (OPTIONAL):**

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 prepare students for the Canadian Society of Exercise Physiology's Certified Personal Trainer Certification's written and practical national exams.
5. To fulfill course requirements of the Certified Personal Trainer designation.

## **TRANSFERABILITY:**

**\*\* 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**

## **GRADING CRITERIA:**

<b>Aerobic Testing Protocol Logbook/Evals</b>	Due at Practical Exam	<b>10%</b>
<b>Program Design: Case Studies</b>	Varied: Oct/Nov	<b>20%</b>
<b>Client Awareness Project</b>	Nov.19th	<b>15%</b>
<b>Examinations: Unit Exam(s)</b>	TBA	<b>30%</b>
<b>Practical Final Exam (CSEP-CPT exam)</b>	end of semester	<b>25%</b>

### **NOTE:**

**It is strongly recommended that students make arrangements to write their CSEP-CPT written exam during the month of October. No marks will be associated with this exam for 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 write the final exam.

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
F	1.3	55 – 59	FAIL
	1.0	50 – 54	
	0.0	0 – 49	
WF	0.0	0	FAIL, withdrawal after the deadline

### STUDENT RESPONSIBILITIES:

All assignments must be word-processed. It is particularly important to save a copy of any written work that is handed in for credit or grading.

### STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the

expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.

- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

## STATEMENT ON PLAGIARISM AND CHEATING:

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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

## COURSE SCHEDULE/TENTATIVE TIMELINE:

Refer to the course schedule document. This is a tentative document that may change as the course progresses. It is the student's responsibility to be aware of any changes. Changes will be announced in class or via Moodle.

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