



DEPARTMENT OF PHYSICAL EDUCATION & KINESIOLOGY

COURSE OUTLINE – FALL 2016

PF2920 CERTIFIED PERSONAL TRAINER EXERCISE PRESCRIPTION –3 (3-0-1.5)67.5 hours

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-539-2440 office, 780-831-4608 text
OFFICE: K215 **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: PF2980

Note: Students will be required to submit transcripts of PF2980 and the pre/corequisites to fulfill the CSEP-CPT Certification.

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. Increase student visibility and networking opportunities by partnering with GPRC's Fitness Centre for the Wolves Workout of the Week.
4. 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:

Program Design: Case Studies	Varied: Oct/Nov	25%
Client Awareness Project	Nov.17	15%
Aerobic Testing Protocol Logbook/Evals	Due at Practical Exam	10%
Examinations: Final Exam	Exam week	25%
Practical Final Exam	End of semester	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.

GRADING CRITERIA: GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	MINIMAL PASS
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
F	0.0	0 – 59	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

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 J204
Lab 1:	Monday	2:30 - 3:50pm	J204 & Studio B

Sept.1	Lecture	Orientation, Outline, Background CSEP-PPT Homework: CSEP-PATH Review
Sept.5	Lab	No Class: Labor Day Holiday
Sept.6	Lecture	CSEP CPT Aerobic Theory & Protocols
Sept.8	Lecture	CSEP CPT Aerobic Prescription
Sept.12	Lab	YMCA Cycle Ergometer Protocol
Sept.13	Lecture	Aerobic Calculations
Sept.15	Lecture	Aerobic Case Studies
Sept.19	Lab	Rockport and Ebling protocols
Sept.20	Lecture	Body Composition Theory PPT
Sept.22	Lecture	Body Composition Prescription & Guidance PPT
Sept.26	Lab	Practice- Aerobic Protocols. Possible Cardiovascular Monitoring
Sept.27	Lecture	MSF Theory PPT
Sept.29	Lecture	MSF Prescription
Oct.3	Lab	Case Study Calculations & MSF Case Study
Oct.4	Lecture	Balanced Programs, PPT
Oct.6	Lecture	Program Design: Dalcourt's 4Q
Oct.10	Lab	No Class Thanksgiving Holiday
Oct.11	Lecture	Cardiovascular Monitoring (in J204)
Oct.13	Lecture	TBA
Oct.17	Lab	Stretching Lab #1
Oct.18	Lecture	Special Populations: Nutritional & Metabolic Concerns, Chapter 19
Oct.20	Lecture	Nutritional & Metabolic Concerns cont. Client Awareness Project
Oct.24	Lab	Stretching Lab #2, Fascial Lines
Oct.25	Lecture	Special Populations: Children & Youth Ch.18
Oct.27	Lecture	Posture Assessments
Oct.31	Lab	Double Lab: 2:30-5:20 Practical Back Care Workshop: Theory, Tips, Tests and Preventative Measures
Nov.1	Lecture	Special Populations: Diabetes & Hypertension & Asthma, Chapter 19, 20
Nov.3	Lecture	Special Populations: Older Adults, Chapter 18
Nov.7	Lab	Modifying exercises for seniors
Nov.8	Lecture	Special Populations: Orthopedic Injury & Rehab Concerns, Ch.21
Nov.10	Lecture	No Class: Fall Break
Nov.14	Lab	Practical Time in Lab
Nov.15	Lecture	NO CLASS PEAK STUDENT FOR A DAY
Nov.17	Lecture	Special Populations: Prenatal/Post-Natal Fitness Ch.18
Nov.21	Lab	Practical Exam Scenarios
Nov.22	Lecture	Applying the Periodization Model to Your PT Client Plans
Nov.24	Lecture	Final Practical Examinations (2:30-5pm)
Nov.28	Lab	Final Practical Examinations (2:30-6pm)
Nov.29	Lecture	Final Practical Examinations (2:30-5pm)
Dec.1	Lecture	Final Practical Examinations (2:30-5pm)
Dec.5	Lab	Final Practical Examinations (2:30-6pm)

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.