



**Course Outline**

**UNIVERSITY STUDIES**

**FLM 100A**  
**Fitness Practicum**

**3 CREDITS**  
**3 HOURS PER WEEK**

**INSTRUCTOR: Clayton Nielsen**  
**Winter, 2013**

**INSTRUCTOR:** Clayton Nielsen  
**PHONE NUMBER:** (780) 791-4813  
**E-MAIL:** clayton.nielsen@keyano.ca  
**OFFICE NUMBER:** S211F  
**OFFICE HOURS:**

Monday	2:00-2:20pm
Tuesday	9:00-9:50am
Wednesday	9:00-10:50am
Friday	11:00-11:50am

**HOURS OF INSTRUCTION:**

Thursday	11:00-11:50am
Friday	9:00-10:50am

**COURSE DESCRIPTION:**

This is a theoretical and practical course on techniques in fitness leadership for individuals and groups. Students will be observing and assisting within local fitness centers. They will learn the day to day operations by assisting customers with gym orientation and basic knowledge of equipment.

**COURSE OUTCOMES:**

The student will be able to:

1. provide theoretical knowledge in the areas of basic fitness theory and fitness leadership. Students will be involved in seminars related to personal training issues;
2. develop exercise and stretching resources that will be demonstrated in the creation of consultation packages;
3. develop practical experience in the fitness leadership industry including: employment interviews, program planning/design and instruction in professional settings for a minimum of 5 hours. The 50 hours will include required participation in at least 3 exercise classes, and included in your logbook;
4. develop invaluable networks within the fitness and medical communities for referrals through practicum placements and activities.

**TEXT(S)/MATERIALS REQUIRED:**

*ACSM Foundations of Strength Training and Conditioning*. Nicholas Ratamess. Lippincott, Williams and Williams 2012

Addiotnal resources

NSCA's Essentials of Strength Training and Conditioning. Champaign, IL, Human Kinetics.

**EVALUATION:**

Exercise/ Flexibility Program	30%
Policy and Procedural Paper	30%
Practicum Log book	20%
	( part 1due before reading break, Part 2 due in April)
Practicum Evaluation	10%
Quizes (based on readings and lectures)	10%

**TOPICS TO BE COVERED:****Please Note:**

This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.

You will also be given articles and readings through-out the semester that will be on your tests.

Alterations to the schedule might occur based on holidays, implementation of tests, and assignments.

**GRADING SYSTEM:**

<b>Letter Grade</b>	<b>Description</b>	<b>Grade Points</b>
<b>A+</b>		<b>4</b>
<b>A</b>	Excellent	<b>4</b>
<b>A-</b>		<b>3.7</b>
<b>B+</b>		<b>3.3</b>
<b>B</b>	Good	<b>3</b>
<b>B-</b>		<b>2.7</b>
<b>C+</b>		<b>2.3</b>
<b>C</b>	Satisfactory	<b>2</b>
<b>C-</b>		<b>1.7</b>
<b>D+</b>		<b>1.3</b>
<b>D</b>	Minimal Pass	<b>1</b>
<b>F</b>	Failure	<b>0</b>

Transfer information on each course is available at the [Alberta Council on Admission and Transfers](#).

**Students who do not complete all the required work should not expect to pass the course.**

*Students should consult:*

[http://www.keyano.ca/current\\_students/examinations/index.htm](http://www.keyano.ca/current_students/examinations/index.htm)

### IMPORTANT DATES:

January 18, 2013	Courses dropped after this date will be designated “W”. (A withdrawal (W) is not reflected in your GPA)
March 8, 2013	Courses dropped after this date will be designated “WF”. (A withdrawal failure (WF) counts as a 0 in your GPA)
April 19, 2013	Last day of classes
April 22-30, 2012	Final Exams

### MOODLE 7

Go to <http://ilearn.keyano.ca>

This course is supported through Moodle 7. Assignments, readings and handouts will be posted on Moodle 7. Login information will be provided by your instructor. For further instructions please see the Moodle 7 handout.

### Equality, Equity and Respect

The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

*Students should consult:*

[http://www.keyano.ca/Committees/IRA/Individual\\_Rights\\_Policy.asp](http://www.keyano.ca/Committees/IRA/Individual_Rights_Policy.asp)

### **Plagiarism and Cheating**

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.



**Course Outline**

**UNIVERSITY STUDIES**

**FLM 100A  
Fitness Practicum  
Winter, 2013**

**3 CREDITS  
3 HOURS PER WEEK**

\_\_\_\_\_  
Clayton Nielsen, Instructor

\_\_\_\_\_  
Date

**Reviewed and approved by:**

\_\_\_\_\_  
Vincella Thompson, Chairperson

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guy Harmer, Dean

\_\_\_\_\_  
Date