



Course Outline

UNIVERSITY STUDIES

FLM 100

Fitness Practicum

**3 CREDITS
50 HOURS**

**INSTRUCTOR: Clayton Nielsen
Fall, 2013**

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

OFFICE HOURS:

Monday	1:00-1:50pm
Tuesday	1:00-1:50pm
Wednesday	2:00-3:50pm
Friday	10:00-10:50am

HOURS OF INSTRUCTION:

Thursday	12:00-12:50am
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:

Through a combination of lectures, readings, tests, and laboratory experiences, successful students will be able to:

1. Provide theoretical knowledge in the areas of basic fitness theory and fitness leadership.
2. Develop exercise and stretching resources that will be included in future 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.

TEXT(S)/MATERIALS REQUIRED:

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

Addiotnal resources

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

EVALUATION:

Exercise/ Flexibility Program	30%
Policy and Procedural Paper	40%
Practicum Log book	20%
Practicum Evaluation	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 to further broaden your knowledge and develop ways of introducing this knowledge to your clients.

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

GRADING SYSTEM:

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

Students intending to transfer to other institutions require a 'C-' as a minimum.

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/Academics/Examinations>

IMPORTANT DATES:

September 10	Last day to add classes for academic programs
September 17	Last day to drop classes
October 25	Last day to withdraw without academic penalty
December 6	Last day of classes

COLLEGE POLICIES

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/StudentLife/StudentConduct/IndividualRightsPolicy>

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.

Student Rights & Responsibilities

Students should consult the Keyano College Credit Calendar or online at:

<http://www.keyano.ca/Academics/CreditCalendar>

Specialized Supports and Duty to Accommodate

Disability Support Services: Learner Assistance Program

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

Specialized Supports and Duty to Accommodate

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.

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FLM 100
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FALL, 2013

3 CREDITS
3 HOURS PER WEEK

Clayton Nielsen, Instructor

Date

Reviewed and approved by:

Vincella Thompson, Chairperson

Date

Guy Harmer, Dean

Date