Course Outline

UNIVERSITY STUDIES

FLM 200
Fitness Practicum

3 CREDITS
3 HOURS

INSTRUCTOR: Clayton Nielsen
Winter, 2014
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: 11:00-11:50am
- Thursday: 10:00-10:50am
- Friday: 9:00-9:50am

HOURS OF INSTRUCTION:

- Thursday: 11:00-11:50am
- Friday: 11:00-12:50am

COURSE DESCRIPTION:

In this course, students apply techniques in exercise testing and prescription for individuals or groups. Students will be involved in integration seminars in the classroom and in practical experience at local fitness centers.

Prerequisites: PEDS 100, PSYCHOLOGY 104, FLM 100

COURSE OUTCOMES:

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

1. Develop practical experience in one-on-one Personal Training. Including fitness testing; program development; goal-setting; motivation during sessions; and follow-up. Students will work with at least three clients throughout the semester for a total of 50 hours. The 50 hours will include required participation in at least 3 exercise classes, logbook, training program delivered to individual clients and group plans for teams and other training groups.
2. Assess an individual's health, medical, and fitness status.
3. Perform active and resting fitness tests relevant to program design.
4. Design individualized physical activity programs to asymptomatic individuals or those who have been cleared by physicians.
5. Implement physical activity programs in a safe and effective manner and modify them as necessary to achieve clients' goals.
TEXT(S)/MATERIALS REQUIRED:

Core Training. DK Publishing, 2013

Additional resources

EVALUATION:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practicum Log book</td>
<td>40%</td>
</tr>
<tr>
<td>Practicum Evaluation</td>
<td>20%</td>
</tr>
<tr>
<td>Individual Training Program</td>
<td>30%</td>
</tr>
<tr>
<td>Assignment</td>
<td>10%</td>
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Personal Training Supervised Sessions:

Practicum personal training sessions are to be scheduled in the SSWC fitness centre during the following times. Any sessions outside of these times requires the consent of the instructor. Monday, Wednesday and Fridays from 12:00-1pm.

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.

Course Schedule: 2014

January 9  Orientation/Needs Analysis
Components of Personal Training package

10  testing for practicum- Functional Movement
16 Guest speaker- skype
17  Work out- kettlebell
23  package work out
24  Conducting Yourself/Conducting the Workout what you should look and do
    Assign Clients

Practicums begin by this date

30  Motivating Your Client/ Customer Service/Top 10 Roundtable - Check on PT sessions/clients, Q&A

February 5  Roundtable- Student self-evaluation
7  guest speaker- PT Business Ideas
14  guest speaker- income taxes
17  Family day
24 Reading Week- no classes
28

March
5 Roundtable- Lifestyle Coaching
7
12 Roundtable–Tax write-offs
14
19 Roundtable – Marketing Your Fitness Business/
20 sec Elevator Intro
21
26 Roundtable - – Online Personal Training?
PT Participant Packages Due
28

April
3
4
10 Class Discussion: Where to from here for CSEP?
Final Logbooks and practicum evaluations Due
11
17 Final Class

Collect email addresses/ postal addresses
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:

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Description</th>
<th>Grade Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>Excellent</td>
<td>4</td>
</tr>
<tr>
<td>A</td>
<td></td>
<td>4</td>
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<td>B+</td>
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<tr>
<td>B</td>
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<tr>
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<tr>
<td>D</td>
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<td>1</td>
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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:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 17, 2014</td>
<td>Courses dropped after this date will be designated “W”. (A withdrawal (W) is not reflected in your GPA)</td>
</tr>
<tr>
<td>March 7, 2014</td>
<td>Courses dropped after this date will be designated “WF”. (A withdrawal failure (WF) counts as a 0 in your GPA)</td>
</tr>
<tr>
<td>April 17, 2013</td>
<td>Last day of classes</td>
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<tr>
<td>April 22-30, 2014</td>
<td>Final Exams</td>
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**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.
Course Outline

UNIVERSITY STUDIES

FLM 200
Fitness Practicum
Winter, 2014

3 CREDITS
3 HOURS PER WEEK

_____________________________   _____________________________
Clayton Nielsen, Instructor   Date

Reviewed and approved by:

_____________________________   _____________________________
Vincella Thompson, Chairperson   Date

_____________________________   _____________________________
Guy Harmer, Dean   Date