

**York University**  
**School of Kinesiology & Health Science**  
**Faculty of Health**  
**PKIN 0861/0862 0.0 PERSONAL TRAINING; 2016-2017**

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**Course Content:**

- Attend physical activity sessions and complete assignments related to the assessment and implementation of a Physical Activity/Exercise Training Program designed for health-related &/or performance-related physical and physiological fitness.
- Design a structured Physical Activity/Exercise training program 3-4 days per week.
- You are encouraged to use the Strength Training Anatomy and Prescriptive Stretching Texts
- You must enter activity information into the Physical Activity Log books provided.
- Training will take place at the *Toronto Track and Field Centre* and *Tait McKenzie Fitness Centre*. Please familiarize yourself with the facilities if you have not done so already. Both training centre's operate according to set rules, please adhere to their regulations and note that a membership/shoe tag is required to use either facility.

**Process:**

- You will be working in groups (of 2 or 3) sharing the training supervision.
- Meet with your client and develop a reasonable goal.
- You will administer pre-screening measures on your client.
- You will administer baseline; anthropometric, musculoskeletal and aerobic assessments which reflect the specific goal(s) for your client.
- You will attend the personal training/physical activity sessions.
- You will administer end-of-term; anthropometric, musculoskeletal and aerobic assessments and compare with the baseline measurements.

**Objectives:**

1. Demonstrate competence in developing a personalized Physical Activity/Exercise Program which impacts on Health-Related or Performance-Related Physical and Physiological Fitness.
2. Become accustomed implementing the screening protocols outlined in the Physical Activity and Lifestyle Management manual.
3. Gain competence in administering fitness assessments such as those outlined in the Physical Activity and Lifestyle Management manual.
4. Gain experience in creating Physical Activity/Exercise Assessment Forms and Workout Plans.

**Prerequisites for the 2016-2017 Academic Year, You Must Be:** Formally or conditionally accepted into the Fitness Certificate Program and currently enrolled in KINE 4400 6.0 OR KAHS5410 6.0 + KAHS 5340 6.0

**Evaluation:**

This PKIN is a required component for the Certificate in Fitness Assessment and Exercise Counselling. If you do not complete **all** of the listed assignments you will not receive the certificate. In addition, it is required for completion of the Exercise Physiologist certification.

<b>1</b>	<b>Initial assessments and interpretation</b>	<b>10%</b>
-	Assessment of current fitness level via PALM Manual, Direct VO <sub>2</sub> max, plus additional strength measures	
-	Assessment of current physical activity/exercise status	
-	Assessment of associated lifestyle habits using the Physical Activity Logbook	
-	Assessment outcomes will serve as baseline data and where relevant the outcomes should be compared to relevant normative data (in the Appendices, V. Heyward's text or the PALM/Training Manual)	
<b>2</b>	<b>Exercise Prescription Design</b>	<b>40%</b>
-	To be handed in on the final day of class	
<b>3</b>	<b>Participation</b>	<b>20%</b>
-	2% per 6 session circuit	
-	2% per supervised exercise session for a total of 5 sessions	
<b>4</b>	<b>Completed Physical Activity Logbook</b>	<b>10%</b>
<b>5</b>	<b>Final Assessments and Interpretation</b>	<b>20%</b>
-	Provide a Summary Table of the Pre and Post Fitness Assessment Results	
-	Comment on the effectiveness of the training program ie. Did the training program accurately reflect the training goals for your client.	
-	Comment on the barriers while training.	
-	How might you improve the training program to better suit the representative population	
-	Describe your client's results comparing pre-test to post-test.	
		<b>100%</b>

**Grading:** The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (eg, A+ = 9, A = 8, B+ =7, B = 6, etc.) Assignments and tests will bear either a letter grade designation or a corresponding number grade.