

**FACULTY OF HEALTH  
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**

**Course:** HH/KINE 3400 3.0 – Fitness Consulting and Personal Fitness Training – for Health Related Physical plus Physiological Fitness

**Term:** Winter Term 2022-2023

**Course & Competency Laboratory Director:** Roni (Veronica) Jamnik, PhD ([ronij@yorku.ca](mailto:ronij@yorku.ca), Room 358 Norman Bethune College)

Format: **Lecture:** In-Person every Tuesday from 2:30 pm to 4:20 pm **in CLHK**  
**Mandatory In-Person Competency Laboratories** will be held in Rm 120 Norman Bethune College. Lectures will not be recorded.

During the Lecture students are encouraged to wear masks. During the Competency Laboratories students are required to wear masks. Hand sanitizer will be available in the laboratory sessions. No food or drinks will be permitted in the lecture and laboratory. **Note:** Students who enrol in another course that is scheduled at the same time as the HHKINE 3400 Lecture and their Laboratory will not be given any accommodation to handle the other course obligations!

**Course Description:** This course provides detailed theoretical and applied instruction on physical activity/exercise assessment, prescription, interventions, management, and supervision with strategies that focus on *health-related physical and physiological fitness outcomes* for apparently healthy individuals who are stratified as “low or intermediated risk” for unrestricted progressive physical activity participation. The acquired competencies are required by government and organization regulated Personal Training and Exercise Professional Certifications.

**Overview of Course Content:**

I FITNESS CONSULTING:

- A. Scientific Basis of the Physical Activity and Lifestyle “R” Medicine
- health benefits of acute and chronic physical activity participation
  - dose-response relationship for health benefits: volume of physical activity
  - overall physical activity versus intensity – Which is more important?
  - implications of recent research on existing health-related physical plus physiological fitness guidelines & practices
  - physical activity habits and attitudes - Canadian profile
  - factors affecting participation in physical activity
  - understanding behavior changes stages and processes of changing behaviors
  - the process of lifestyle and physical activity counseling within the context of Physical Activity and Lifestyle “R” Medicine related exercise physiology, anatomy and analysis of movement patterns
  - maximizing physical activity participation
  - healthy lifestyle practices and their impact on health-related physical plus physiological fitness
  - acute versus chronic responses to physical activity participation
- B. Fitness Assessment and Fitness Counseling
- Overview and Screening
- the fitness components; physiological rationale for Physical Activity and Lifestyle :R: Medicine
  - screening: 2023 PAR-Q+ and ePARmed-X+ ([www.eparmedx.com](http://www.eparmedx.com)), clinical versus pre-physical activity blood pressure cut-points and resting heart rate
  - The importance of Risk Stratification: Low, Intermediate & High
  - safety considerations; contraindications; emergency procedures; resuscitation

**Conducting the Health-Related Physical and Physiological Fitness Evaluations**

- non-exercise and exercise protocols; relevance vs limitations
- NIH Waist Circumference, skinfolds, percent body fat, cardiometabolic fitness: submaximal single stage test (eg Ebbeling), 3 minute Q-C Step test, submaximal multi-stage test (eg YMCA, etc) submaximal field test (eg Rockport), vigorous to maximal field test (eg Leger 20 m Shuttle Run, 1 mile steady state jog), hand grip, push-ups, partial curl-ups, forearm plank trunk flexion, vertical jump, back extension
- Pre, during and post exercise heart rate and blood pressure measurements
- calibration and maintenance of equipment

**Interpretation of Health-Related Fitness Appraisal Outcomes**

- standardized comparisons
- availability and use of norms
- the efficacy of the composite scoring approach
- the physical fitness profile: identifying strengths & weaknesses

**Generate and Evaluate Alternatives, Develop an Action Plan, Follow-up**

- communication techniques; pros and cons of various approaches
- guidelines for self-administered physical activity/exercise programs
- matching preferences and appraisal results
- general considerations/contraindications
- training the motor fitness factors
- healthy body composition
- healthy cardiometabolic (aka aerobic) fitness
- healthy musculoskeletal and back fitness

II PERSONAL FITNESS TRAINING

- A. Counseling
- stages of readiness for behavioral change
- B. Motivational Techniques for Client Adherence
- intrinsic and extrinsic motivation
  - strategies for overcoming barriers to compliance
  - SMART (Specific, Measurable, Attainable, Realistic, Timely) goal setting
- C. Building on the Fitness Appraisal Results
- understanding the fitness components and interpreting the client’s results in terms of their knowledge, fitness comprehension and lifestyle
- D. Exercise Prescription and Program Design
- build on the client data (age, stage of growth, health status, physical constraints, lifestyle habits, etc)
  - designing cardiometabolic fitness, musculoskeletal fitness and healthy weight management programs in line with the client data
  - intensity (% HHR, % VO<sub>2</sub>R%, HRmax, METs, MET minutes per week, Steps, RPE, % 1 RM, sets, repetition, dynamic versus static exercise etc)
  - prescribing/monitoring appropriate intensity and progression
  - selection of appropriate exercise equipment
- E. Demonstrating Proper Exercise Techniques and Modifying Client Performance
- knowledge of proper and improper exercises
  - select, modify the equipment and training to match the client
- F. Safety, Emergency and Injury Prevention
- supervision, intervention and spotting techniques
  - identifying appropriate and inappropriate joint stress
  - guidance for the prevention and recovery from musculoskeletal problems

- G. Documentation, Administration and Professionalism
- emergency action plan; procedures/response
  - ethical business practices and ongoing professional development

**Course Materials:** Primary Text: Physical Activity and Lifestyle “*R*” Medicine (updated 2022-2023)

The following resources will be posted on the eClass platform (aka Moodle)

- Global Physical activity guidelines
- Selected Position Statements and Journal readings
- Related Hand-outs
- Select Lecture Notes
- PALM Tools

**Office Hours:** Regular online office-hours will be held throughout the term via Zoom. The exact schedule will be posted on the course eClass site. If needed, an in-person or individual virtual office-hour appointment can be arranged.

#### **Method of evaluation for academic credit:**

**5 in-person Competency Laboratories- (5 x 3%) = 15%:** Attend and fully participate in five - 2 hour labs plus submit the associated assignment before leaving the laboratory. The 15% grade includes active hands-on participation, being able to properly execute the required competencies and submission of the associated assignment. You must attend the laboratory to submit the assignment and be progressively evaluated on the related competencies. For this year, the laboratories will be held in Room 120 Norman Bethune College. If a student shows up to the laboratory and does not fully participate they will only receive 0.5% for that laboratory. If a student shows up later than 15 minutes they will only receive 1.5 % for that laboratory.

You were assigned a Laboratory at the time of your enrollment into HH/KINE 3400 – you must attend the assigned Laboratory. **The laboratories are capped at 10 students so that students are able to master the required competencies.** You cannot switch your laboratory time. Students who constantly switch labs will only receive 1.5% for the lab that you may be given permission to attend. There will be no make-up laboratories. **Refer to the Laboratory schedule.**

Note: If a student does not attend the laboratories and does not satisfy the minimum practical competencies the 15% grade will not be added onto the final exam. You will also not be able to receive the Health and Fitness Federation of Canada Personal Training Certificate.

**RockPort Walk Test and ePARmed-X+ Assignment 6 %.** If the student does not complete and submit a hardcopy of the assignment in class on January 31 2023, the 6 % grade **will not** be added onto the final exam

**Physical Activity Assignment 5 %** will be initiated during the 3<sup>rd</sup> week of of classes. You will be required to participate in a prescribed physical activity plan for 2 weeks. If the student does not complete and submit a hardcopy of the completed physical activity plan in class on January 28 2023 the 3% grade **will not** be added onto the final exam.

**Prepare and submit an instructional exercise video 6 %.** If the student does not complete and submit the exercise video by March 20 2023, the 6% grade **will not** be added onto the final exam

**Final Assignment Assignment: (12 %)** Assigned the week of February 14 2023. The completed assignment is due on the last day of class April 4<sup>th</sup> 2023. Assignments received later than the due date will be penalized **1 percent per day that the assignment is late**. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., **may be entertained** by the Course Instructor but will require supporting documentation (e.g., a doctor’s letter). If the student does not complete the assignment by the due date, the 12% grade **will not** be added onto the final exam

**Mid-Term Examination Is Not Optional (19 %) (Will be written during the scheduled Class on Tuesday February 28<sup>th</sup> 2023).**

**Note:** There will be no make-up for the Mid-Term examination. If a student does not write the mid term exam the value of the mid term examination will be added to the final exam.

Final Exam (37%, cumulative)

Written during the April Exam Period (date to be announced by the university). **DO NOT BOOK ANY FLIGHTS UNTIL THE EXAM DATES ARE FINALIZED.**

#### **Email correspondence:**

Email communication should be reserved primarily for issues that need to be resolved immediately. Questions that arise related to course content will be discussed during the synchronous lectures and regularly scheduled virtual office hours.

Please ensure that email messages are professional, clear, and coherent. Assume that your email will be the factor determining whether you are accepted into a professional program or hired at your dream job. Avoid text messaging terms, inappropriate language, emoticons, and poor spelling, punctuation, and grammar. I can only respond to emails that I understand. I generally review and respond to course-related student emails quite promptly with the exception of emails sent on weekends. These will likely be answered on the first business day of the following week.

**Other:** Any derogatory emails are regarded as harassment and will be directed to the Office of Student Conduct. No hats, hoodies, cell phones, ipods, ipads, earphones, ear plugs etc are permitted during the exams.

#### **Grading and Missed Exams:**

Grading, Assignment Submission, Lateness Penalties and Missed Tests

Grading: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests\* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

**Missed Final Exam:** Students with a documented reason for missing the final examination, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor’s letter) must formally request accommodation from the Course Director.

**Important Course Information:**

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - Senate policy at <http://secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/>

- York's Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation

**Take Care of Yourself:**

We are all dealing with a tremendous amount of stress, anxiety, fear, and uncertainty as a consequence of the COVID-19 pandemic which is now an endemic. Please be kind and gentle with yourselves and others during this difficult period of time. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

- <https://good2talk.ca/>
- <https://counselling.students.yorku.ca/>
- <https://coronavirus.info.yorku.ca/>
- <https://yorkinternational.yorku.ca/>

### Useful links describing computing information, resources and help for students:

Student Guide to eClass	<a href="https://lhelp.yorku.ca/student-guide-to-eClass">https://lhelp.yorku.ca/student-guide-to-eClass</a>
Computing for Students Website	<a href="https://student.computing.yorku.ca/">https://student.computing.yorku.ca/</a>
Student Guide to eLearning at York University	<a href="http://elearning-guide.apps01.yorku.ca/">http://elearning-guide.apps01.yorku.ca/</a>
Learning Skills Services	<a href="https://lss.info.yorku.ca/online-learning/">https://lss.info.yorku.ca/online-learning/</a>
Zoom@YorkU User Reference Guide	<a href="http://staff.computing.yorku.ca/wp-content/uploads/sites/3/2012/02/Zoom@YorkU-User-Reference-Guide.pdf">http://staff.computing.yorku.ca/wp-content/uploads/sites/3/2012/02/Zoom@YorkU-User-Reference-Guide.pdf</a>
Zoom@YorkU Best Practices	<a href="https://staff.computing.yorku.ca/wp-content/uploads/sites/3/2020/03/Zoom@YorkU-Best-Practicesv2.pdf">https://staff.computing.yorku.ca/wp-content/uploads/sites/3/2020/03/Zoom@YorkU-Best-Practicesv2.pdf</a>

**Acknowledgement of Indigenous Peoples and Traditional Territories:**

York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been taken care of by the Anishinabek Nation, the Haudenosaunee Confederacy, the Wendat, and the Métis. It is now home to many Indigenous peoples. We acknowledge the current treaty holders and the Mississauga of the Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.