



## KNES-270 – Exercise Testing & Prescription

Health and Human Services

**Effective Term & Year:** Fall 2022  
**Course Outline Review Date:** 2026-04-01

**Program Area:** Health

### Description:

This course helps to develop theoretical knowledge and practical skills in fitness and lifestyle appraisal and exercise prescription. Students acquire the skills to administer various assessment protocols including those of the Canadian Society for Exercise Physiology – Physical Activity Training for Health (CSEP-PATH). Personalized exercise prescription for various populations following industry standards is emphasized. Students may have the opportunity to become a recognized Certified Personal Trainer (CPT) through CSEP.

### Program Information:

This course may be used as an elective in the Kinesiology Diploma Program and may be used as an elective for students in other disciplines.

**Delivery Methods:** On-campus (Face-to-Face)

**Credit Type:** College of the Rockies Credits

**Credits:** 3

**Course type/s:** Sciences, Social Sciences, Lab Sciences

### Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	30

Practicum/Field Experience

Co-op/Work Experience

Other

Total 75

### Course Requisites:

- Complete all of the following
  - Earned a minimum grade of C- (55%) in at least 1 of the following:
    - Course Not Found
    - [KNES110](#) – Foundations of Exercise and Physical Fitness (3)
  - Earned a minimum grade of C- (55%) in each of the following:
    - [KNES206](#) – Introduction to Exercise Physiology (3)

### Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

### Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

### Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

CESP PATH – *Physical Activity Training for Health* (2019). Canadian Society for Exercise Physiology

*Reading Package- Current journal articles to be chosen by the Instructor*

*Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.*

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## **Learning Outcomes:**

Upon the successful completion of this course, students will be able to:

- assist individuals in adopting and maintaining a physically active lifestyle;
  - conduct assessments and interpret results for health screening, lifestyle appraisal, body composition, aerobic fitness, muscular strength and endurance, muscular balance and posture, flexibility, and power using evidence-based assessment protocols;
  - apply industry standard guidelines to prescribe basic exercise programs to a variety of clients;
  - employ effective counselling and communication skills in exercise prescription;
  - conduct health screening procedures with clients;
  - recognize basic psychological characteristics of clients and basic motivational strategies;
  - apply client-centered coaching and motivational interviewing techniques; and
  - interpret and be familiar with current exercise and fitness research and trends.
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## **Course Topics:**

### **UNIT OUTLINES:**

#### **Unit 1**

Introduction to the course

- Introduction to Personal Training Certifying Agencies including CSEP and CFES
- Scope of Practice

Background Information

- Physical Activity and Health, Sedentary Behaviour
- Basic Anatomy and Physiology Specific to Exercise Testing and Prescription
- Basic Nutrition
- Behaviour Change
- Health and Physical Activity Readiness Prescreening Procedures

#### **Unit 2**

Assessment

- Organizing and choosing assessment procedures
- Conducting assessment procedures for cardiovascular fitness, muscular strength, muscular endurance, flexibility, muscle imbalances, posture, healthy body composition

### Unit 3

#### A. Exercise Prescription/Training for Health and Fitness

- Setting Priorities and Measurable Objectives
- Client-centered Motivation and Basic Psychological Characteristics
- Matching Components, Methods and Equipment with Clients
- Exercise Analysis and Exercise Design
- Personalized Prescription for Weight Management and Cardiovascular Fitness
- Personalized Prescription for Musculoskeletal Fitness
- Current Research and Trending Exercise Training Methods

#### B. Exercise Prescription/Training with Additional Considerations

- Performance-related Fitness
- Persons with Disability
- Children and Youth
- Pregnant Women
- Older Adults
- Chronic Conditions

### Unit 4

#### A. Administration, Documentation, Résumé-Writing & Professionalism

*See instructor's syllabus for the detailed outline of weekly readings, activities, and assignments.*

## Evaluation and Assessments

### Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Assignments	25%
Completion of Practical Hours and Assignment	10%
Practical Skills Assessment (Exams)	25%
Midterm	20%
Final Exam	20%
Total	100%

## Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

**Pass requirements:** None

**Evaluation Notes:** A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

### Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

### Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

### Equivalent Course(s) and Course Code Changes

Prior Course Code: HKIN 270 >> KNES 270

Date changed: September 2012

### Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.

