



DEPARTMENT PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2020

**PA1981: INTRODUCTION TO THE BASICS OF CARDIOVASCULAR
TRAINING 3(0-0-3) 45 HOURS**

INSTRUCTOR: James Phillips

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OFFICE HOURS: Drop in or by appointment

CALENDAR DESCRIPTION: Acquisitions of the theoretical and personal skills used in the instruction of the basics of cardiovascular training.

PREREQUISITE(S)/COREQUISITE: none

REQUIRED TEXT/RESOURCE MATERIALS: there is no required textbook book, but additional readings and resources will be assigned by instructor

ANCILLIARY TEXT/RESOURCE MATERIALS:

- Noakes, T. (2004). *Lore of running*. Cape Town, South Africa: Human Kinetics.
- Reuter, B. (2012). *Developing endurance*. Champaign, IL: Human Kinetics.
- Burke, E. (2002). *Serious Cycling*. Champaign, IL: Human Kinetics.
- Brooks, G. (2004). *Exercise Physiology: Human Bioenergetics and Its Applications*. Berkeley, CA. McGraw-Hill Higher Education
- Rebie, R. et al (2018). *ACSM's Guidelines for Exercise Testing and Prescription, 10th edition*. Philadelphia, PA: Wolkers Kluwer
- Jamieson, J. (2009). *Ultimate MMA Conditioning. Performance Sports Inc.*

DELIVERY MODE(S):

- Lecture, small group discussion, and active participation
- Theoretical Exploration of Cardiovascular Training Methods.
- Skill development and acquisition through active learning and exploration.

COURSE OBJECTIVES:

1. To provide a definition of cardiovascular/ aerobic/ endurance exercise;
2. To identify the benefits of regular exercise;
3. To identify and utilize methods of monitoring exercise intensity for the purposes of increased performance and health;
4. To examine the different methods of training and evaluating cardiovascular fitness;
5. To calculate target training zones using different psycho-physiological parameters;

6. To expose different types of endurance training programs (i.e. types of periodization);
7. To participate in daily fitness endurance exercises (running, cycling, cross training, etc).

LEARNING OUTCOMES:

1. The student will become more proficient in cardiovascular training methods;
2. The student will increase physical competency in participating in various cardiovascular training modalities;
3. The student will improve ability to critically analyze and amend endurance training programs;
4. The student will gain greater competency for the use of psycho-physiological measurements (e.g., heart rate, perceived effort, etc.) and cardiovascular equipment (e.g., treadmill).

CLASS SCHEDULE:

Lectures and Activities: Tuesdays and Thursdays: 8:30am-9:50am in H211

**Note: Activates will take place at various locations; students will be informed ahead of time.*

TUESDAYS	TOPIC	THURSDAYS	TOPIC
2020-01-07	Course Introduction & Expectations	2020-01-09	A1 Beep Test
2020-01-14	L1 Warm-up/Cooldown	2020-01-16	A2 2.4k ASCM Test & Calculating VO2
2020-01-21	L2 Cardiovascular System P1	2020-01-23	A3 Snowshoeing Location TBD
2020-01-28	L3 Cardiovascular System P2	2020-01-30	A4 Indoor Cycling @ M121
2020-02-04	L4 Training Intensities	2020-02-06	A5 Water Aerobics @ Eastlink
2020-02-11	A6 Swimming @ Eastlink	2020-02-13	A7 Beep Test
2020-02-18	Winter Break - No Classes	2020-02-20	Winter Break - No Classes
2020-02-25	L7 Circuit/Interval Training	2020-02-27	A8 Group Fitness Class in M121
2020-03-03	L5 Program Design P1	2020-03-05	A9 XC Skiing
2020-03-10	L6 Strength Training for Endurance	2020-03-12	A10 Strength Training Session in HPTC
2020-03-17	L5 Program Design P2	2020-03-19	A11 Group Fitness Class in M121
2020-03-24	A 12 Beep Test	2020-03-26	Project Presentation + Session
2020-03-31	Project Presentation + Session	2020-04-02	Project Presentation + Session
2020-04-07	Project Presentation + Session	2020-04-09	Project Presentation + Session
2020-04-14	FINAL EXAM TBD	2020-04-16	FINAL EXAM TBD
2020-04-21	FINAL EXAM TBD	2020-04-23	FINAL EXAM TBD

***Note: Some of these dates may vary to facilitate student learning*

EVALUATIONS:

- 10% Project Presentation Feedback *
- 20% Project Presentation
- 40% Activities (12 activities worth 3.33% each)
- 30% Final Exam

100% Total

**Note: In order to attain 10% at the "Project Presentation Feedback" each student must attend all the presentations and provide written feedback as required. Each feedback will be graded.*

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

STUDENT RESPONSIBILITIES: Regular attendance and participation is expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Notify the instructor of any allergies or medical conditions. Dress in appropriate clothing and footwear for all activity sessions.

TRANSFERABILITY: UA,UC, UL, AU, AF

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**Note: Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability*

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.*

Additional Information:

- As this is an activity class students will be expected to participate in the physical activities required to learn about and experience cardiovascular exercise. Students missing more than 3 classes will be warned and any further absences will result in the student being removed from the class.
- Students seeking the excellent rating should be able to illustrate good training behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the class. This will be determined from the student attendance records, and in-class observation of each student.
- Please note that several activity classes will take place off-campus. Students will be expected to provide their own transportation and meet at the off-campus location at the specified time.