Grande Prairie Regional College Department of Physical Education, Athletics and Kinesiology

PA. 1981 Cardiovascular Training

Instructor: Ali Wilson Term: Fall 2004

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Class Schedule: Mon & Wed 10:00-11:20am

Credit: 1.5 Transfers U of A – PAC 1XX (1.5)

U of C – PEAT 228/JR PEAT (1.5)

U of L – PHAC 3605 (1.5)

Textbook: Browning R. & Sleamaker R. (1996) Serious Training for Endurance Athletes. Chicago, IL. Human Kinetics

Method of Instruction:

• Theoretical Exploration of Cardiovascular Training Methods.

• Skill development and acquisition through active learning and exploration.

Purpose of the Course:

- Cardiovascular training is an activity course designed to provide students with an opportunity to examine their cardiovascular fitness. Students will:
 - o Develop and understand the role of the cardiovascular fitness in exercise.
 - o Examine and understand the different methods of training and evaluating the cardiovascular fitness.
 - o Participate in daily fitness exercises (running, cycling, crosstraining etc).
 - Design a cardiovascular fitness program.

Evaluation:

•	Journal/Assignment- Due Nov 22/03	40 %
•	Quizzes (5 x 2%)	15 %
•	Performance/participation evaluation	15 %
•	Mid-term examination	15 %
•	Final Exam	15 %

Participation & Performance:

- As this course relies on student participation, it is crucial for all students to regularly attend classes. Students missing classes will lose participation points. Students with three absent days or more may be requested to drop PA 1981.
- Students will be evaluated on their performance & participation levels in relation to their physical ability. Participation will account for 60% of this component; therefore

performance will make up the remainder of this area. Performance points will be accumulated during various activities based on times and scores.

Journal/Assignment - Cardiovascular Training Program + Log Book (40%)

A Journal will be used to document all activity engaged in during PA 1981. Firstly it will include all exercise and activities performed on a daily basis. Secondly it will be used to develop a Cardiovascular Fitness Training Program for a specific athlete of your choice.

Log of Daily Exercises must include this format. (10)

Date: Eg. Sept 8, 2004

Objective (2): Eg. Aerobic training - base stage.

Exercises (2): Exercise #1 – Overdistance Training – 40 minute run – approximately 5km

Physical Issues (2): Low energy, explosive, sore, stiff, or injured

Affective Issues (2): Bored, pumped, tired, interested, and disinterested.

Self-Assessment (2): An examination of your objective in relation to your physical and affective issues.

Assignment – Cardiovascular Fitness Training Program (30)

The program outline will be evaluated on your ability to use appropriate cardiovascular fitness principles for a specific client. Please include explanations and rationale for what you are doing. Information to be evaluated in your training program should include but is not limited to:

Assignment – Due Nov 22, 2004

- 1. Assessment of needs specific to individual. (5)
- 2. Objectives, Goals and Principles of the training programs. (5)
- 3. Exercise types and ordering (5)
- 4. Time, Frequency and Intensity (3)
- 5. Progression principles (2)
- 6. Minimum of two training phases (2)
- 7. Clarity and Organization (2)
- 8. References (1)
- 9. Writing ability (5)

The Journal/Assignment will be evaluated on:

- 1. Training Log. You must keep a log of all workouts. Each student will be expected to complete 2, training sessions each week from Sept 8th through November 17th. It is expected students will research the important aspects of a training log and use the guideline above as a minimum. (10)
- 2. Cardiovascular Training Program. It is expected students will research the important aspects of cardiovascular training and use the guideline above as a minimum. (30)

Note: There is no set guideline for the required length of this assignment. You should include whatever you feel is necessary to accurately report on the planning and implementation of your program. Your submission should also be a reflection of the value this assignment carries within the course evaluation.

Grading Scheme:

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A+	4.0	90 - 100	Excellent		
А	4.0	85 - 89			
A-	3.7	80 - 84	First Class Standing		
B+	3.3	76 - 79			
В	3.0	73 - 75	Good		
B-	2.7	70 - 72			
C+	2.3	67 - 69	Satisfactory		
С	2.0	64 - 66			
C-	1.7	60 - 63			
D+	1.3	55 - 59	Minimal Pass		
D	1.0	50 - 54			
F	0.0	0 - 49	Fail		

Tentative Schedule:

Week	Content	Reading
Sept 3	Student Retreat and Orientation	
Sept 8	Introduction -Fitness Testing – Anae	erobic
Sept 13	Foundations of Systematic Training	- 2.4 km Run
Sept 15	Fitness Testing 2400m	
Sept 20	Foundations of Systematic Training	– 2.4 km Run
Sept 22	Quiz – 15 min Run	
Sept 27	Prefontaine Movie	
Sept 29	Aerobics	
Oct 4	Scheduling Your Training – Machin	e Training – 20 min
Oct 6	Quiz - 20 min Run	
Oct 11	Thanksgiving	
Oct 13	Doing Serious Workouts – 2.4 km	
Oct 18	Mid-Term	
Oct 20	Strength & Intervals – 2.4 km \rightarrow 30	minutes
Oct 25	Doing Serious Workouts – Machine	S
Oct 27	Quiz - Speed and Uphill Intervals	
Nov 1	Doing Serious Workouts – 30 minut	es
Nov 3	Strength & Intervals – 30 minutes	
Nov 8	Quiz - Warming Up, Cooling Down	, and Stretching
Nov 10	$5.0 \text{ Km} \rightarrow 40 \text{ min}$	
Nov 15	Warming Up, Cooling Down, and St	tretching – 2.4 km
Nov 17	Machine Training – 40 minutes	
Nov 22	Fueling the Body for Training -2.4	km – Journal/Assignment Due
Nov 24	Quiz – 5 km \rightarrow 40 minutes	
Nov 29	Recovering Effectively from Training	g – 2.4 km

Dec 1	Fitness Testing - Anaerobic	
Dec 6	Final Exam	
Dec 8	Fitness Testing - Aerobic	