

SEP. 18 2001

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology
PA 1981 Cardiovascular Training
Fall 2001

1.0 Course description:

This course will provide students with an opportunity to improve their levels of cardiovascular fitness through a variety of training methods. Theory will be combined with activity so students will have an information base with which they will be able to develop personalized training programs. Students will be expected to train both during and outside the normally scheduled class time.

Main concept:

The focus is to improve each individual's cardiovascular base by using a variety of self-paced aerobic activities. A foundation of this course is to develop a personal value for cardiovascular fitness and to develop a positive attitude for including regular aerobic fitness into daily life. The impact of this course could last a lifetime.

Approach each class with enthusiasm for your own cardiovascular fitness and support other students in their development.

2.0 Learning Objectives:

- 2.1 To use a variety of cardiovascular training methods to develop aerobic fitness.
- 2.2 To show a strong personal value for the enjoyment of regular cardiovascular activity.
- 2.3 To demonstrate a personal responsibility for the improvement of cardiovascular fitness.
- 2.4 To design a cardiovascular training program which incorporates the theoretical principles of cardiovascular fitness.
- 2.5 To use cardiovascular fitness tests.

3.0 Class schedule:

Monday, Wednesday, Friday, 10:30 - 11:20 AM (meet in the PAC)

4.0 Instructor: Dave Kay, office M103 phone: 539-2034, email: kay@gprc.ab.ca

5.0 University Transfer:

PEAT 228, University of Calgary, 1.5
PAC 1XX, University of Alberta, 1.5

6.0 Required Text:

Getchell, B & Mikesky, M & Mikesky, K.N. (1998). *Physical Fitness: A Way of Life*, (5th Ed) Allyn & Bacon.

Reference titles:

Rosata, Frank (2000). Jogging and Walking: for Health and Fitness, 4th Ed) Englewood, Colorado. Morton Publishing Company

Stanton, J. (1999). *Running Start to Finish*, Edmonton, Alberta: Lone Pine

7.0 Student Evaluation:

7.1 Your training diary

10 points

While you are enrolled in PA 1981 keep track of all your cardiovascular training sessions in your training diary. Hand in your training diary on Dec.7, 2001.

7.2 Cardiovascular Evaluations

40 points

Your cardiovascular evaluation is based on your performance and improvement on the twenty-meter shuttle test.

Students can accumulate bonus points to their course total with improvement or performances above the 40 point total.

	Female		Male		Improvement	
Test level	Points		Test level	Points	scale levels	points
1	0		1	0		
2	5		2	0	4	6
3	15		3	5	3	4.5
4	20		4	10	2	3
5	25		5	15	1	1.5
6	30		6	20		
7	35		7	25		
8	40		8	30		
9	41		9	35		
10	42		10	40		
11	43		11	41		
12	44		12	42		
			13	43		
			14	44		

7.3 Final Examination

40 points

7.4 Developing a responsibility/value for cardiovascular health 10 points

* Evaluation based on the modified seven levels of responsibility developed by Hellison, D. (1995). Teaching Responsibility through Physical Activity. Champaign IL, Human Kinetics Publisher

8.0 Attendance:

A significant portion of this course comes from regular attendance in the course. The Department of Physical Education, Athletics and Kinesiology allow a maximum of three missed classes in an activity course. Any student with three or more missed classes may be barred from writing the final examination in this course.

9.0 Readings:

Getchell, B., A.E. Mikesky, K.N. Mikesky, Physical Fitness: A Way of Life

* A short quiz based on the assigned readings will be given on these days

Chapter 1, Sept. 14

Chapter 2, Sept. 21

Chapter 3, Sept. 28

Chapter 4, Oct. 5

Chapter 5, Oct. 12

Chapter 6, Oct. 19

Chapter 8, Oct. 26

Chapter 9, Nov. 2

Chapter 11, Nov. 16

Chapter 12, Nov. 23

Chapter 13, Dec. 30