

SEP. 10 2002

Grande Prairie Regional College  
Department of Physical Education, Athletics and Kinesiology  
PA 1981 Cardiovascular Training  
Fall 2002

1.0 Course description:

This course will focus on the individual development of cardiovascular fitness. Students will acquire both theory and practice in cardiovascular training. The aerobic activities will combine a variety of cardiovascular activities both indoors and outdoors.

**Main concept:**

The focus of this class is to acquire knowledge about cardiovascular fitness and about advising fitness clients in terms of an appropriate cardiovascular program. You will experience a wide variety of cardiovascular workouts, use of a variety of aerobic conditioning equipment, experience a variety of cardiovascular tests and prepare two cardiovascular programs.

2.0 Learning Objectives:

- 2.1 To experience a variety of cardiovascular training methods.
- 2.2 To show a strong personal value for regular cardiovascular activity.
- 2.3 To demonstrate the correct and safe use of cardiovascular equipment.
- 2.4 To design two cardiovascular training programs that incorporates the theoretical principles of cardiovascular fitness.
- 2.5 To use cardiovascular fitness tests.

3.0 Class schedule:

Monday, Wednesday, Friday, 10:00 – 10:50 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 Texts:

Getchell, B & Mikesky, M & Mikesky, K.N. (1998). Physical Fitness: A Way of Life.

(5th Ed) Allyn & Bacon.

Baechle, T.R. & R.W.Earle (Ed.). (2000) Essentials of Strength Training and Conditioning / National Strength and Conditioning (2<sup>nd</sup> ed). Windsor, ON: Human Kinetics

Griffin, J.C (1998). Client-Centered Exercise Prescription. Windsor, ON: Human Kinetics

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 Training diary

5 points

While you are enrolled in PA 1981 keep track of all your cardiovascular training sessions that occur outside of the PA 1981 class. Record all your cardiovascular training in your training diary. Hand in your training diary on Nov.29, 2002.

#### 7.2 Cardiovascular Evaluations

35 points

Your cardiovascular evaluation is based on your performance and improvement on the twenty-meter shuttle test. Students can accumulate bonus points to their total with significant improvement or with a performance above level 8 for women and above level 10 for men.

Test level	Female	Male		Improvement scale	
	Points	Test level	Points	levels	points
1	0	1	0		
2	5	2	0	4	4
3	10	3	0	3	3
4	15	4	5	2	2
5	20	5	10	1	1
6	25	6	15		
7	30	7	20		
8	35	8	25		
9	36	9	30		
10	37	10	35		
11	38	11	36		
12	40	12	37		
		13	38		
		14	40		

### 7.3 Cardiovascular Conditioning Programs

Due dates:

- November 1 for program A 20 points
- December 2 for program B 30 points
- Program A: Your first program will address an overweight individual who is starting a cardiovascular program for health and weight loss.
- Program B: The second cardiovascular program will be developed for a triathlon athlete who is looking at improving their performance in the Edmonton 2003 Nationals.

### 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 receive a 0 in PA 1981.

### 9.0 Tentative Schedule

Topic	Readings
Cardiovascular Fitness	Chp. 1 Getchell
Stretching and warm-up	Chp.16 Baechle & Earle
Test, 20m. Shuttle run	Chp. 5 Getchell
Walk / Run programs	
Running Form	Chp. 7 Stanton
1.5 Mile test	
Preparing to run a 10K race	
Preparing for a Marathon	Chp. 21 Baechle & Earle
Physiological adaptations cardiovascular exercise	
Training types: LSD, Pace/Tempo training, Interval training, Repetition training, Fartlek training	See Baechle & Earle, Getchell
Cycling programs, mountain biking, road biking	
In-line skating programs, bring roller blades	
Swimming programs	
Cross country ski programs & roller skiing programs	