



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)

COURSE OUTLINE- FALL 2014

PA 1981- A2 CARDIOVASCULAR TRAINING – 3(3-0-0) 45 HOURS

INSTRUCTOR: Matthew Bain

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OFFICE: K 221

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OFFICE HOURS: By appointment, drop in, or as necessary.

PREREQUISITE(S)/COREQUISITE: NA

REQUIRED TEXT/RESOURCE MATERIALS: Text materials are posted to moodle

- Wildman R. & Millar B. (2004). *Sports and Fitness Nutrition* (pp. 402-424). Toronto, ON. Thomson Wadsworth.
- Reuter, B.H., & Hagerman, P.S. (2008). Chapter 18: Aerobic Endurance Exercise Training . In Baechle T.R. and Earle R.W. (Eds.) *Essentials of Strength Training and Conditioning* (3rd ed.). (489-503). Champaign, IL: Human Kinetics.
- Clark M. A. & Lucett S.C. (Eds.). (2010). Cardiorespiratory training for performance enhancement. *NASM Essentials of Sports Performance Training* (pp.153-168). Baltimore, MD: Lippincott, Williams & Wilkins.

CALENDAR 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 in a variety of inside and outside settings.

CREDIT/CONTACT HOURS: 3 (3-0-0). PA 1981 includes two (2), Eighty (80) minute classes per week: Tuesday & Thursday, 2:30-3:50 pm.

DELIVERY MODE(S): This course work will be delivered in a blended format using a variety of teaching methods including lecture, skill acquisition and development, reflection, and examination.

OBJECTIVES:

1. Provide a definition of cardiovascular/ aerobic exercise
2. Identify the benefits of regular exercise
3. Explain cardiovascular/ aerobic endurance criterion
4. Identify and utilize methods of monitoring exercise intensity
5. Examine and understand the different methods of training and evaluating the cardiovascular fitness
6. Calculate target heart rate zones using a variety of formulae
7. Identify training methods for cardiovascular/ aerobic conditioning
8. Participate in daily fitness exercises (running, cycling, cross-training, etc.)

TRANSFERABILITY:

PAC 1xx or AUPEC 1xx (3 credits)--U of A	Jr. KNES (3 credits)-- U of C
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**** 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**

GRADING CRITERIA:

- Log Book 30%
 - Complete a self-reflection of all workouts completed in class. Form provided.
- Midterm Examination 15%
- Training Program Design 15%
- Class Assignments 10 %
 - Goal Setting
 - Heart Rate Calculations/ Resting Heart Rate
 - Beep Test and VO2 Calculations
- Final Evaluation 30 %
 - Article Review, Examination, and Oral Presentation

STUDENT RESPONSIBILITIES: Be on time and ready to participate in daily physical activities.

STATEMENT ON PLAGIARISM AND CHEATING:

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.

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
D⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format requirements.
- Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.
- Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

TENATIVE COURSE SCHEDULE/TIMELINE:

Week 1: Sept 4	<ul style="list-style-type: none"> CV Training Introduction 	<ul style="list-style-type: none"> Class
Week 2: Sept 9 & 11	<ul style="list-style-type: none"> Discovering Intensities –Heart Rate Monitors Review Heart Rate Monitors Beep Test and Step Test – Determining our Baseline - VO2 Calculations 	<ul style="list-style-type: none"> Class/WR (9) Gym (11)
Week 3: Sept 16 & 18	<ul style="list-style-type: none"> Warm –up – Run Outdoor 35 min @ 60-65%- Base Training - Run Outdoor 40 min @ 65-70% 	<ul style="list-style-type: none"> Class/Out (16) Out (18)
Week 4: Sept 23 & 25	<ul style="list-style-type: none"> Goal Setting and Motivating – 30 min @ 70%- GS Assignment Recovery, Stretching and Cool down- - Foam Roller Massage Post Exercise LSD 45 min - Recovery, Stretching and Cool down 	<ul style="list-style-type: none"> Class/ WR Class/ WR
Week 5: Sept 30 & Oct 2	<ul style="list-style-type: none"> Principles - Anaerobic Threshold – 75% 10 min increase to - 85%for 15m Outdoor Mountain Biking – Muskosepi Trails 	<ul style="list-style-type: none"> Class/ WR Out
Week 6: Oct 7 & 9	<ul style="list-style-type: none"> Types of Training - Improving Performance – Outdoor Running Trails Interval Training at Legion Track 	<ul style="list-style-type: none"> Class/ Out Track
Week 7: Oct 14 & 16	<ul style="list-style-type: none"> Sport Specific Training Concepts/ Interval Training Short Midterm Examination 	<ul style="list-style-type: none"> Class/ WR Class
Week 8: Oct 21 & 23	<ul style="list-style-type: none"> HIIT Training – Interval Training Long Circuit Training in Gymnasium 	<ul style="list-style-type: none"> WR Gym/WR
Week 9: Oct 28 & 30	<ul style="list-style-type: none"> Weight Management Walk/Run Programs – Intermittent Programs 	<ul style="list-style-type: none"> Class Out
Week 10: Nov 4 & 6	<ul style="list-style-type: none"> Swimming Designing a Training Program – (Assign Assignment – Due Nov 21) 	<ul style="list-style-type: none"> Out Class
Week 11: Nov 11 (Off) & 13	<ul style="list-style-type: none"> Injury Prevention – Outside Training Outside Training 	<ul style="list-style-type: none"> Class Out
Week 12: Nov 18 & 20	<ul style="list-style-type: none"> Spin Class (TT) (Training Program Assign Due) 	<ul style="list-style-type: none"> M121 Class
Week 13: Nov 25 & 27	<ul style="list-style-type: none"> Indoor Cardio Games Class presentations Preparation 	<ul style="list-style-type: none"> Gym Class
Week 14 Dec 2 & 4	<ul style="list-style-type: none"> Class Presentations Final Beep Test and Step Test 	<ul style="list-style-type: none"> Class Gym
Week 15	<ul style="list-style-type: none"> Final Exam 	<ul style="list-style-type: none"> TBD