



## **Journal/Log Book/Cardiovascular Training Program (55%) – Due Last Class**

A Journal will be used to document all activity engaged in during PA 1981.

- It will include all exercise and activities performed on a daily/weekly basis.
- It will be used to collect 5 articles relating to cardiovascular training.
- It will be used to develop a Cardiovascular Fitness Training Program for yourself or a specific client of your choice.

### **A) Web Notes/Article Review (10) – Oral Presentation (5)**

Students will be expected to review 5 articles. These articles must be copied and included in your Journal. Articles may be from a web page, magazine or journal.

Assignment must include:

1. Outline the key purpose/point of the article.
2. Summarize two key points in the article that you found interesting or noteworthy and explain why.
3. Referencing. Where is the article from?

It is expected that you will present to the class a brief (2-4 minute) oral presentation highlighting the key or interesting points included in one of the articles (March).

### **B) Log Book of Daily Exercises and Testing (20)**

You must keep a log of all cardiovascular workouts. Each student will be expected to complete 2, cardiovascular training sessions each week from Jan 15<sup>th</sup> through April 12<sup>th</sup>. It is expected students will research the important aspects of a training log and use the guideline below as a minimum.

Date:	Eg. Jan 15
Objective :	Eg. Aerobic training - base stage.
Exercises :	Exercise #1 – Overdistance Training – 40 minute run – approximately 5km
Physical Issues :	Low energy, explosive, sore, stiff, or injured
Affective Issues :	Bored, pumped, tired, interested, and disinterested.
Self-Reflection :	A self reflection on this activity. Is this activity for you? Will you incorporate it into your workouts or will you avoid it? Etc.

### C) Cardiovascular Fitness Training Program (20)

The program will be evaluated on your ability to use appropriate cardiovascular fitness principles. 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:

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

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