

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Fall 2022

PF 1980 (A2): LEADERSHIP IN RESISTANCE TRAINING- 3 (1.5-0-3) 67.5 HOURS FOR 15 WEEKS

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Laura Hancharuk
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OFFICE HOURS: By appointment

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CALENDAR DESCRIPTION:

A course in which students acquire both theoretical and practical knowledge using various forms of resistance training. Emphasis will be placed upon providing the student with leadership skills on resistance training techniques, lifting mechanics, program design and implementation.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Hesson, J.L. (2013). Weight Training for Life, 10th ed. Belmont, CA Wadsworth, Cengage Learning

DELIVERY MODE(S):

The course work includes lectures, class discussions, demonstrations, and practical lab work.

COURSE OBJECTIVES:

1. To provide a learning environment for the introduction of various lifting and spotting techniques associated with a wide spectrum of resistance training modalities used to enhance general muscular strength, endurance and power for health or sport performances.
2. To expose students to various program design principles for resistance training.
3. To provide a safe learning environment in which students can develop leadership skills in the teaching of various resistance training exercises.
4. To provide the opportunity for students to challenge the provincial Fitness Alberta Resistance Training Specialty exam.

LEARNING OUTCOMES:

1. The student will be able to demonstrate safety protocols; spotting techniques and the correct exercise form for a variety of resistance training exercises.
2. The student will develop a knowledge and understanding of basic program design for resistance training.
3. The student will develop leadership skills in the teaching of various resistance training exercises in a one-on-one training environment.
4. The student will develop practical group demonstration and public speaking skills.
5. The student will experience advanced resistance training techniques and understand how to incorporate them into program design.
6. The student will challenge the Fitness Alberta provincial exam and have the opportunity to become certified in Resistance Training through Fitness Alberta.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferralberta.ca>.

**** 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**

EVALUATIONS:

Term Assignment #1:	Due: Oct. 28	10%
Teaching & Leadership Log	Nov. 4	15%
Practical Demonstrations	Nov. 15, 17	15%
Personal Exercise Logbook	Due: Dec.1	15%
Final Exam (Written)	Exam Week- TBA	25%
Final Exam (Practical)	Dec. 8, 9	20%

**** Late assignments will be deducted 10% per day.**

***** All grading criteria and examinations must be completed to receive course credit.**

Attendance is mandatory. Those students who have 3 unexcused absences will not be permitted to write the final exam. If attending by Zoom, video must remain on for the duration of the class.

GRADING CRITERIA:

Please note that a grade of C- is required to pass PF1980. And that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO CONTINUE IN THE PERSONAL TRAINER DIPLOMA OR TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	F	0.0	0-59
B	3.0	73-76			
B-	2.7	70-72			

COURSE SCHEDULE/TENTATIVE TIMELINE:

PF1980 consists of one 80 minute instructional session and two, 80 minute lab sessions per week.

Lectures	Friday	8:30am-9:50am	J202
Lab 1	Tuesday and Thursday	8:30 – 9:50am	Fitness Centre
Lab 2	Tuesday and Thursday	10:00 – 10:50am	Fitness Centre

Date	Lecture/Lab	Lecture/Lab Topics
Sept.1	Lab	Observe workout form.
Sept.2	Lecture	Orientation, GAQ, Safe & Effective Training, (Ch.5)
Sept.6	Lab	Chest: Presses
Sept.8	Lab	Chest: Flyes & Body Wt.
Sept.9	Lecture	What, Who & Why. FAQs, (Ch.1,2) How to TEACH an exercise
Sept.13	Lab	Back: Horizontal
Sept.15	Lab	Back: Lateral
Sept.16	Lecture	Program Design-Goal setting (Ch.16)
Sept.20	Lab	Legs: Presses
Sept.22	Lab	Legs: Presses
Sept.23	Lecture	Program Design (Reps/Sets) (Ch.16)
Sept.27	Lab	Legs: All others
Sept.29	Lab	Shoulders (Burnout Sets)
Sept.30	TRUTH AND RECONCILIATION DAY: No Classes	
Oct.4	Lab	Shlds, Biceps (Eccentrics) Personal Exercise Logbooks begin today
Oct.6	Lab	Triceps (Compound Setting)
Oct.7	Lecture	Program Design- Exercise Order/Balance Discuss Term Assignment #1
Oct 10-14	FALL BREAK: No Classes	
Oct.18	Lab	Teaching Core Stability Progressions: textbook (M121)
Oct.20	*NOTE: Lecture	Program Design- Practical Applications
Oct.21	*NOTE: Lab	Perform 10RM

Oct.25	Lab	Technique Check Workout 1
Oct.27	Lab	Pre-Fatigue/Single Set System/Super Slows-Eccentrics
Oct.28	Lecture	Advanced Training (Ch.17) Term Assignment #1 Due
Nov.1	Lab	Circuit Training (Wt Rm)
Nov.3	Lab	Core Stability: Video 1 Ball Training LB (M121)
Nov.4	Lecture	Advanced Training Continued: Split Programs Leadership Log Due (Signup for Practical Demos)
Nov.8	Lab	Core Stability: Video 2 Ball Training UB (M121)
Nov.10	Lab	Pyramids, Technique Check Workout 2
Nov.11	Remembrance Day: No Classes	
Nov.15	Lab	Practical Demonstrations
Nov.17	Lab	Practical Demonstrations
Nov.18	Lecture	Muscle Recruitment (Ch.3)
Nov.22	Lab	Designing Home Programs Home Exercises (M121) Elastic Tubing/Isometrics
Nov.24	Lab	Perform 1RM and Assign 10RM Post-Test
Nov.25	Lecture	Strength Training Methods Signup Practical Exams
Nov.29	Lab	Technique Check Workout #3
Dec.1	*NOTE: Lecture	Performance Enhancing Substances (Personal Exercise Logbooks Due)
Dec.2	Lecture	Special Populations: Women, Older Adults Special Populations: Youth
Dec.6	*NOTE: Lecture	Exam Review
Dec.8	Practical Exams (and M121 Review Sessions)	
Dec.9	Practical Exams	

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <https://www.nwpolytech.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.nwpolytech.ca/about/administration/policies/index.html>

****Note:** all Academic and Administrative policies are available on the same page.