

## Kinesiology and Health Sciences

### COURSE OUTLINE – Fall 2022

#### PF2980 (A2): Advanced Training Methodologies– 3 (3-0-0) 45 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:** James Phillips

**OFFICE:** K216

**OFFICE HOURS:** Upon request

**PHONE:** 780-539-2053

**E-MAIL:** Jphillips@nwpolytech.ca

**CALENDAR DESCRIPTION:** An examination of resistance training and supplementary strength and conditioning methodologies for general conditioning and sport-specific conditioning. Emphasis on various strength training techniques, exercise mechanics, program designs, and implementations as they relate to specific activities or sports. Topics will include current advanced training techniques such as periodization, Olympic Lifting, and/or plyometric training.

**PREREQUISITE(S)/COREQUISITE:** PF1980 or consent of instructor.

**REQUIRED TEXT/RESOURCE MATERIALS:** None

**DELIVERY MODE(S):** This course will be delivered via in-person classes and labs. Participation by zoom may be accommodated at the discretion of the instructor.

#### **COURSE OBJECTIVES:**

1. To identify and demonstrate advanced strength training techniques and integrated strength training theory.
2. To describe and implement various sport performance testing and assessments in order to prescribe and design training programs.
3. To outline and apply advanced program design for strength training (periodization).

4. To participate and practice safe and effective performance of various strength training techniques.
5. To describe and practice alternative/supplementary strength training techniques, theory and application.

### LEARNING OUTCOMES:

1. Students will be able apply key strength training principles to improve training and prevent injury in the contexts of sport or human movement environments for the client.
2. Students will determine the significance of sport performance testing and assessment procedures to facilitate sound training program development for the client.
3. Students will demonstrate the various components of integrated training to facilitate complete training development for the client with respect to improve performance, prevent injury and facilitate recovery.
4. Students will be able to construct and implement periodized strength training programs to facilitate improved performance specific to sport and human movement skills.
5. Students will be able to determine faults in observed training techniques based on mechanical principles and safety guidelines.
6. Students will be able to identify and modify a variety of strength training techniques to facilitate training needs of the client.

### 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:

<b>Program Design Part 1 15%</b> Develop an initial program for a perspective client.	October 27 <sup>th</sup>
<b>Program Design Part 2 30%</b> Demonstrate your programming skills by creating both a short term and long term periodized program from your initial program.	December 1 <sup>st</sup>
<b>Article Review 10%</b> The student will choose a research article (must be approved) to review and explain how both the study and conclusion can be applied to future clients.	October 6 <sup>th</sup>
<b>Video demonstration &amp; correction 15%</b> You will record a video of yourself ‘working’ with a client. In the video you will discuss and demonstrate an exercise, watch the client perform the exercise and provide real, in-time feedback.	November 10 <sup>th</sup>
<b>Final Exam 30%</b>	TBA

**GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

Lectures: 8:30-9:50am Tuesday and Thursday

\*This is a tentative schedule and may change based on progress as a class. Change will be communicated both in class and through myclass.

Date	Topic	Due Date
Week 1	Course introduction, expectations, using and managing technologies	
Week 2	Training Principles, warming up & cooling down.	
Week 3	Knee Flexion/Quadricep Exercise Analysis Hip & Knee Flexion/Hamstring Analysis	
Week 4	Bench Press/ Pectoralis Analysis Vertical Pulling Exercises/ Latissimus Dorsi Analysis	
Week 5	Rowing/Horizontal Pushing Analysis Vertical Presing/Shoulder Analysis	
Week 6	Arm Exercises/ Bicep & Triceps Analysis Programming basics	Article Review
Week 7	<b>No Class – Fall Break</b>	
Week 8	Programming Considerations for Hypertrophy, Programming Considerations for Strength	
Week 9	Olympic Lifting – Snatch Day	Program Design Part 1
Week 10	Olympic Lifting – Clean & Jerk Day	

Week 11	Plyometrics, Agility & Change of Direction	Video demonstration assignment
Week 12	Speed Training, Programming considerations for athletes	
Week 13	Advanced Periodization	
Week 14	Creating your programming style	Program Design Part 2
Week 15	Review	

### **STUDENT RESPONSIBILITIES:**

- All assignments are expected to be submitted on the due date. Late assignments will be deducted 10% per day up to 4 days late. After 4 days late, assignments will not be accepted. If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.
- If you are participating via zoom your camera must be on and you must be in an appropriate learning environment.
- Missed labs cannot be made up unless there is a significant issue and the instructor has given permission to make up the lab.
- Lectures/Slides will be provided to students in a format of the instructors choosing. You may not always receive complete slides or there may be alterations to the ones posted. It is the student's job to ensure they are taking appropriate notes.

### **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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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