



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – FALL 2017**

**PF 2980 Advanced Training Methodologies - 3 (1-0-2) 45 HOURS**

**INSTRUCTOR:** Lorelle Kerik **PHONE:** (780) 539-2978  
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**OFFICE HOURS:** By appointment or drop in.

**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. Supplementary topics will include periodization of training, plyometrics, functional training, core training and Olympic lifting.

**PREREQUISITE:** PF 1980

**REQUIRED TEXT/RESOURCE MATERIALS:** Hoffman, J. R. (2012). *NSCA's guide to program design*. Windsor, Ontario: Human Kinetics.

**DELIVERY MODE(S):** The course work includes lectures, class discussions, group work, assignments and in-class exercises.

**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

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**\*\* 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:**

- **Major Assignment 25%**
- **In Class Assignments/Tests 45%**
  - Midterm 20%
  - Participation, course work, reflection, application 20%
  - Workout of the Week (WOW) 5%

Students should be able to illustrate good learning behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the class. Student Attendance is critical for success in this class. Students missing more than three unexcused classes will receive a warning and any further absences will result in the student being asked to withdraw or being refused to write the final exam.

\*Missed deadlines on assignments will result in a 10% penalty per day for that assignment.

Assignments are due in class on the deadline date.

### **Final Exam 30%**

The final written exam will cover all material presented throughout the course. TBD as it will be scheduled during exam week.

**GRADING CRITERIA:**

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:**

Tuesday and Thursday 10:00-11:20am. Class: J227

<b>Week 1:</b> <b>Aug. 31</b>	<ul style="list-style-type: none"> <li>Course introduction. Philosophy and direction of course. Course Outline. Advanced Training Discussion.</li> </ul>	<ul style="list-style-type: none"> <li>Class</li> </ul>
<b>Week 2:</b> <b>Sept 5 &amp; 7</b>	<ul style="list-style-type: none"> <li>Chapter 11 – Training Integration and Periodization</li> </ul>	<ul style="list-style-type: none"> <li>Class</li> </ul>
<b>Week 3:</b> <b>Sept 12 &amp; 14</b>	<ul style="list-style-type: none"> <li>Chapter 1 – Athlete Needs Analysis</li> <li>Long-term Athlete Development</li> </ul>	<ul style="list-style-type: none"> <li>Class</li> <li>Class</li> </ul>
<b>Week 4:</b> <b>Sept 19 &amp; 21</b>	<ul style="list-style-type: none"> <li>Chapter 2 – Athlete Testing and Program Evaluation(FMS)</li> <li>Chapter 2 – Athlete Testing and Program Evaluation</li> </ul>	<ul style="list-style-type: none"> <li>Class</li> <li>Class/Wt. Rm.</li> </ul>
<b>Week 5:</b> <b>Sept 26 &amp; 28</b>	<ul style="list-style-type: none"> <li>Chapter 2 –Athlete Testing and Program Evaluation</li> <li>Chapter 12 – Training Program Implementation</li> </ul>	<ul style="list-style-type: none"> <li>Class/Wt. Rm.</li> <li>Class</li> </ul>
<b>Week 6:</b> <b>Oct 3 &amp; 5</b>	<ul style="list-style-type: none"> <li>Chapter 3 – Dynamic Warm-up</li> <li>Chapter 4 – Resistance Training</li> </ul>	<ul style="list-style-type: none"> <li>Gym/Wt. Rm.</li> <li>Class</li> </ul>
<b>Week 7:</b> <b>Oct 10 &amp; 12</b>	<ul style="list-style-type: none"> <li><b>Midterm</b></li> <li>Chapter 5 – Power Training</li> </ul>	<ul style="list-style-type: none"> <li>Class</li> <li>Class</li> </ul>
<b>Week 8:</b> <b>Oct 17 &amp; 19</b>	<ul style="list-style-type: none"> <li>Olympic Lifting</li> </ul>	<ul style="list-style-type: none"> <li>Wt. Rm.</li> <li>Wt. Rm.</li> </ul>
<b>Week 9:</b> <b>Oct 24 &amp; 26</b>	<ul style="list-style-type: none"> <li>Injury Rehabilitation and Reconditioning</li> </ul>	<ul style="list-style-type: none"> <li>Class</li> </ul>

<b>Week 10:</b> Oct. 31 & Nov. 2	<ul style="list-style-type: none"> <li>• <i>Chapter 8 – Agility Training</i></li> <li>• <i>No classes due to PEAK Student for a Day</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Class/Gym</i></li> </ul>
<b>Week 11:</b> Nov. 7 & 9	<ul style="list-style-type: none"> <li>• <i>Chapter 9 – Speed Training</i></li> <li>• <i>Chapter 6 – Anaerobic Conditioning</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Class/Gym</i></li> <li>• <i>Class</i></li> </ul>
<b>Week 12:</b> Nov. 14 & 16	<ul style="list-style-type: none"> <li>• <i>Chapter 7 – Endurance Training</i></li> <li>• <i>Chapter 10 – Balance and Stability</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Class</i></li> <li>• <i>Class/M121</i></li> </ul>
<b>Week 13:</b> Nov. 21 & 23	<ul style="list-style-type: none"> <li>• <i>Kettle Bell Training</i></li> <li>• <i>HITT &amp; Tabata Training</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Wt. Rm.</i></li> <li>• <i>M121</i></li> </ul>
<b>Week 14</b> Nov. 28 & 30	<ul style="list-style-type: none"> <li>• <i>Circuit Training</i></li> <li>• <i>CrossFit</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>M121</i></li> <li>• <i>CrossFit VO<sub>2</sub>max</i></li> </ul>
<b>Week 15</b> Dec. 5 & 7	<ul style="list-style-type: none"> <li>• <i>Parkour</i></li> <li>• <i>Presentations</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>APE Parkour</i></li> <li>• <i>Classroom</i></li> </ul>

*Additional Readings can be found on Moodle.*

### **STUDENT RESPONSIBILITIES:**

Refer to the College Policy on Student Rights and Responsibilities at

[www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

- **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.**
- **Students who choose to make attendance intermittent may be excused from the final evaluation processes following three (3) unexcused absences. Students should make it a priority to communicate times and reasons they may not be able to attend BEFORE the absence.**

### **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 <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/](http://www.gprc.ab.ca/about/administration/policies/)\*\*

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

### **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.