

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Fall 2024

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.

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 training principles and 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 may challenge the Fitness Alberta provincial exam and have the opportunity to become certified in Group Conditioning 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.transferalberta.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:

Teaching & Leadership Task 1 (chest)	Sept.25	5%
Teaching & Leadership Task 2 (back)	Oct.2	5%
Teaching & Leadership Task 3 (legs)	Oct.9	5%
Term Assignment #1:	Sunday, Oct. 27	10%
Practical Demonstrations	Nov. 19, 21	15%
Personal Exercise Logbook	Nov.29	15%
Final Exam (Written)	Exam Week- TBA	25%
Final Exam (Practical)	Dec. 4, 5	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:

A grade of C- is the minimum passing grade for PF1980, a grade of C- is required to progress into subsequent Personal Trainer courses.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	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

STUDENT RESPONSIBILITIES:

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

Attendance: Students are expected to attend all scheduled classes, arrive on time, and remain for the duration of the activities. Arriving late or leaving early is disruptive to the entire class. Frequent tardiness may be treated as absence. **Students with absences in excess of 3 classes may be refused permission to participate the final practical exam.** For more information, please refer to the Academic Regulations on Debarred from Exams at <https://www.nwpolytech.ca/programs/grading-systems.html>.

Time Management: Adopting and adhering to effective learning habits in this course will likely take up a great deal of time so plan your schedule accordingly. It is difficult to catch up once a student falls behind in required readings and exercises.

Cell Phones: The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class is therefore strictly prohibited.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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

COURSE SCHEDULE:

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

Lectures	Friday	2:30 - 3:50pm	J204
Lab 1	Tuesday and Thursday	8:30 – 9:50am	Fitness Centre

Full schedule on next page.

TENTATIVE TIMELINE:

Date	Lecture/Lab	Lecture/Lab Topics
Week 1:		
Sept.3	NOTE: LECTURE	Orientation, Course Outline, GAQ, Safe & Effective Training, (Ch.5)
Sept.4	NOTE: LAB	Chest: Presses
Sept.5	Lab	Chest: Flyes & Body Wt.
Week 2:		
Sept.10	Lab	Back: Horizontal
Sept.12	Lab	Back: Lateral
Sept.13	Lecture	What, Who & Why. FAQs, (Ch.1,2)
Week 3:		
Sept.17	Lab	Legs: Presses
Sept.19	Lab	Legs: Presses
Sept.20	Lecture	How to Teach an Exercise. <i>Discuss Teaching & Leadership Log Assignment</i>
Week 4:		
Sept.24	Lab	Legs: All others Teaching & Leadership Task 1 due Sept.25
Sept.26	Lab	Shoulders (Burnout Sets)
Sept.27	Lecture	Program Design-Goal setting (Ch.16)
Week 5:		
Oct.1	Lab	Shlds, Biceps (Eccentrics) Teaching & Leadership Task 2 due Oct.2
Oct.3	Lab	Triceps (Compound Setting)
Oct.4	Lecture	Program Design (Reps/Sets) (Ch.16) Personal Exercise Logbooks begin today
Week 6:		
Oct.8	Lab (J131)	Teaching Core Stability Progressions: textbook (J131) Teaching & Leadership Task 3 due Oct.9
Oct.10	Lab (J131)	Teaching Core Stability Progressions: textbook (J131)

Oct.11	Lecture	Program Design- Exercise Order/Balance
Week 7:		
Oct.15	Lab	Perform 10RM
Oct.17	Lab	Technique Check Workout 1
Oct.18	Lecture	Program Design- Practical Applications <i>Discuss Term Assignment #1 and Circuit Training and Core Stability Videos</i>
Week 8:		
Oct.22	Lab	Circuit Training (Wt Rm)
Oct.24	Lab	Core Stability: Video 1 Ball Training LB (D2L Video)- No Class, Laura is Away
Oct.25	Lecture	Core Stability: Video 2 Ball Training UB (D2L Video)- No Class, Laura is Away Term Assignment #1 Due Sunday, Oct.27
Week 9:		
Oct.29	Lab	Pre-Fatigue/Single Set System/Super Slows-Eccentrics
Oct.31	NOTE: LECTURE Room E311	Advanced Training Continued: Split Programs <i>(Signup for Practical Demos)</i>
Nov.1	Lecture	Advanced Training (Ch.17)
Week 10:		
Nov.5	Lab	Pyramids, Technique Check Workout 2
Nov.7	Lab (J131)	Designing Home Programs Home Exercises Resistance Bands/Isometrics
Nov.8	Lecture	Muscle Recruitment (Ch.3)
Week 11:		
Nov.11-15	FALL BREAK: No Classes	
Week 12:		
Nov.19	Lab	Practical Demonstrations
Nov.21	Lab	Practical Demonstrations
Nov.22	Lecture	Strength Training Methods <i>Assign 10RM Post-Test this weekend</i>
Week 13:		
Nov.26	Lab	Technique Check Workout #3
Nov.28	Lab	Perform 1RM
Nov.29	Lecture	Performance Enhancing Substances Personal Exercise Logbooks Due Nov.29
Week 14:		
Dec.3	*NOTE: Lecture (Room E311)	Special Populations: Women, Older Adults, Youth Practical Exam Schedule
Dec.5	Lab	Practical Exams
Dec.6	*NOTE: Lab	Practical Exams
Week 15:		
Dec.10	*NOTE: Lecture (Room E311)	Exam Review