

## Kinesiology and Health Sciences

### COURSE OUTLINE – Fall 2024

#### 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.

|                      |               |                |                        |
|----------------------|---------------|----------------|------------------------|
| <b>INSTRUCTOR:</b>   | Jamie Strauss | <b>PHONE:</b>  | 780-539-2089           |
| <b>OFFICE:</b>       | K211A         | <b>E-MAIL:</b> | jstrauss@nwpolytech.ca |
| <b>OFFICE HOURS:</b> | Upon request  |                |                        |

**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.

#### **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 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.transferalberta.alberta.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>Movement Analysis 15%</b><br>Students will select a movement and explain how it can be adjusted to achieve different results   | October 18th  |
| <b>Video Demonstration &amp; Correction 15%</b><br>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 22nd |
| <b>Program Evaluation 20%</b><br>Evaluate a provided program and determine appropriate candidate  | November 1st  |
| <b>4-Week Program Design 20%</b><br>Demonstrate your programming skills by creating a 4-week program based on a case study provided   | December 6th  |
| <b>Final Exam 30%</b>   | TBA           |

## GRADING CRITERIA:

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                | 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                 |

## COURSE SCHEDULE/TENTATIVE TIMELINE:

Lectures: Mondays 1:00-2:20pm & Fridays 11:30am-12:50pm

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

|               | Monday Lecture                             | Wednesday Lecture                                    | Assignment Due    |
|---------------|--|--|-------------------|
| Sept 3-6      |  | Introduction   |                   |
| Sept 9-13     | Training Principles & Assessment           | Warming Up and Cooling Down                          |                   |
| Sept 16-20    | Knee Flexion/Quadricep Exercise Analysis   | Hip & Knee Flexion/Hamstring Analysis                |                   |
| Sept 23-27    | Bench Press/Pectoralis Analysis            | Vertical Pulling Exercises/Latissimus Dorsi Analysis |                   |
| Sept 30-Oct 4 | Truth & Reconciliation Day                 | Rowing/Horizontal Pulling Analysis                   |                   |
| Oct 7-11      | Vertical Pressing/Shoulder Analysis        | Arm Exercises/Bicep & Triceps Analysis               |                   |
| Oct 14-18     | Thanksgiving                               | Introduction to Periodization                        | Movement Analysis |
| Oct 21-25     | Programming Considerations for Hypertrophy | Programming Considerations for Strength              |                   |

|              |                                 |   |                                  |
|--------------|---------------------------------|---|----------------------------------|
| Oct 28–Nov 1 | Olympic Lifting                 | Plyometrics – Low Amplitude/Landing Mechanics | Program Evaluation               |
| Nov 4–8      | Plyometrics – Maximal Output    | Agility & Change of Direction                 |                                  |
| Nov 11–15    | Remembrance Day & Fall Break    |   |                                  |
| Nov 18–22    | Speed & Agility Training        | Testing Techniques                            | Video Demonstration & Correction |
| Nov 25–29    | Testing Techniques              | Athletic Programming                          |                                  |
| Dec 2–6      | Creating your programming style |   | 4-Week Program Design            |
| Dec 9        | 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.
- 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 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.