

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Fall 2025

PF 1980 (A2/L2): 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.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:

Midterm Exam	Oct. 27	20%
Practical Demonstrations	Nov. 24, 26	20%
Personal Exercise Logbook	Nov. 30	15%
Final Exam (Written)	Exam Week- TBA	25%
Final Exam (Practical)	Dec. 8, 10	20%

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

NOTE: To progress in the PERT Diploma, students must achieve a minimum grade of C- (60-62). Any grade below 60% does not meet the passing requirements for this program and will require the student to repeat the course. You must pass both the written and practical final exams.

GRADING CRITERIA:

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:

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

Lectures	Monday	1:00 – 2:20pm	H211
Lab 1	Monday and Wednesday	10:00 – 11:20am	Fitness Centre

TENTATIVE TIMELINE:

	Date	Lecture/Lab	Lecture/Lab Topics	Assignments
Week 1:	Sept.3	Lab	Perform your personal workout in Fitness Centre	
Week 2:	Sept.8	Lab	Chest: Presses	
	Sept.8	Lecture	Orientation, Course Outline, GAQ, Safe & Effective Training, (Ch.5)	
	Sept.10	Lab	Chest: Flyes & Body Wt.	
Week 3:	Sept.15	Lab	Back: Horizontal	
	Sept.15	Lecture	What, Who & Why; FAQs, (Ch.1,2); How to Teach an Exercise	
	Sept.17	Lab	Back: Lateral	
Week 4:	Sept.22	Lab	Legs: Presses	
	Sept.22	Lecture	Program Design-Goal setting (Ch.16)	
	Sept.24	Lab	Legs: Presses	
Week 5:	Sept.29	Lab	Legs: All others	
	Sept.29	Lecture	Program Design (Reps/Sets) (Ch.16)	Logbooks begin today
	Oct.1	Lab	Shoulders (Burnout Sets)	
Week 6:	Oct.6	Lab	Shlds, Biceps (Eccentrics)	
	Oct.6	Lecture	Program Design- Exercise Order/Balance <i>Discuss Term Assignment</i>	
	Oct.8	Lab	Triceps (Compound Setting)	
Week 7:	Oct.13	Thanksgiving Day- No Classes		
	Oct.15	Lab (J131)	Teaching Core Stability Progressions: text	
Week 8:	Oct.20	Lab (J131)	Teaching Core Stability Progressions cont.	
	Oct.20	Lecture	Program Design- Practical Applications <i>Discuss Midterm Exam- assign sample client</i>	
	Oct.22	Lab	Perform 10RM	
Week 9:	Oct.27	Lab (J131)	Midterm Exam Designing Home Programs/Home Exercises Resistance Bands/Isometrics	
	Oct.27	Lecture	Advanced Training (Ch.17)	
	Oct.29	Lab (J131)	Stability Ball Training	

Week 10:	Nov.3	Lab	Technique Check Workout 1	
	Nov.3	Lecture	Advanced Training Continued: Split Programs (Signup for Practical Demos)	
	Nov.5	Lab	Pre-Fatigue/Single Set System/Super Slows-Eccentrics	
Week 11:	Nov.10-14	FALL BREAK: No Classes		
Week 12:	Nov.17	Lab	Pyramids, Technique Check Workout 2	
	Nov.17	Lecture	Muscle Recruitment (Ch.3) (Discuss Circuit Training)	
	Nov.19	Lab (J131)	Circuit Training (Wt Rm)	
Week 13:	Nov.24	Lab	Practical Demonstrations	<i>Perform 10RM Post-Test (prior to Nov.30)</i>
	Nov.24	Lecture	Strength Training Methods	Personal Exercise Logbooks Due Nov.30
	Nov.26	Lab	Practical Demonstrations	
Week 14:	Dec.1	Lab	Technique Check Workout #3	
	Dec.1	Lecture	Performance Enhancing Substances	
	Dec.3	**Lecture** (Room TBA)	Special Populations: Women, Older Adults, Youth Announce Practical Exam Schedule	
Week 15:	Dec.8	Lab	Practical Final Exams	
	Dec.8	Lecture	Exam Review	
	Dec.10	Lab	Practical Final Exams	

STUDENT RESPONSIBILITIES:

Attendance: *Attendance is mandatory.* Students are expected to attend all scheduled lectures and labs; arrive on time; and remain for the duration of the activities. Arriving late or leaving early is disruptive to the learning environment. Frequent tardiness may be treated as absence.

Students with absences in excess of 3 classes may not be permitted to write the final exam.

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/polytechnic-leadership/policies-directory>.

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

ADDITIONAL INFORMATION:

Informed Consent for Participation in Physical Activity

This course includes physical activity, exercise, and/or fitness assessments as part of its learning and evaluation components. By enrolling in this course, you acknowledge and accept the following:

- You may be asked to participate in physical activity sessions, which include aerobics and/or musculoskeletal training.
- While the risk is minimal, physical activity may involve potential adverse effects such as episodes of transient lightheadedness, loss of consciousness, abnormal heart rate and/or blood pressure, chest discomfort, leg cramps, nausea). You voluntarily assume these risks.
- You are responsible for promptly informing your instructor(s) of any pain, discomfort, fatigue, or other symptoms experienced during or within 48 hours of the course session.
- You must disclose any health conditions that could be affected by physical activity. The instructor(s) will make reasonable modifications, where appropriate, and may request documentation from a qualified health professional.

POLICY ON THE USE OF ARTIFICIAL INTELLIGENCE (AI):

The use of Artificial Intelligence (AI), including Large Language Models (LLMs) and other related technologies, has grown significantly in recent years and is now part of everyday reality. The intent of this policy is not to prohibit their use entirely, but to ensure it is applied appropriately and transparently in accordance with established course guidelines. This policy applies only to this course; other instructors may have different policies, and students should not assume these rules apply elsewhere. When no specific rules are established for a given task, the following defaults will apply:

- For Assignments, Reports, and Presentations** – AI tools may be used to assist in drafting but may not be used to generate the complete work from a single prompt; AI may be used to refine language, and all prompts must be disclosed; if references are required, students must read and verify them to ensure accuracy and existence; any information generated by AI must be independently verified using credible sources; and students must fully understand the material they submit. The instructor may interview students to assess their understanding, and a demonstrated lack of knowledge will be treated as probable academic misconduct.
- For Tests, Exams, and Quizzes** – the use of AI tools, search engines, communication devices, or any feature enabling communication with external entities is strictly prohibited. Once specific rules are set for a task, those rules override these defaults, which will no longer apply. Any breach of the applicable rules will be addressed under the institution's academic misconduct procedures.

**Note: AI-generated content may contain errors or biases. Students are responsible for verifying information and may consult their instructor for guidance on its accuracy, appropriateness, or permitted use.*