

**KINESIOLOGY AND HEALTH SCIENCES
COURSE OUTLINE – Fall 2025**

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: Brendan Shaffick

OFFICE: K217

OFFICE HOURS: By Appointment

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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 plyometric training.

PREREQUISITE/COREQUISITE: PE1980

REQUIRED TEXT/RESOURCE MATERIALS:

- Additional resources provided by the Instructor

DELIVERY MODE(S): In person

LEARNING OUTCOMES:

Through completion of this course, students will have the opportunity to:

- 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.
- Students will determine the significance of sport performance testing and assessment procedures to facilitate sound training program development for the client.
- 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.
- Students will be able to construct and implement periodized strength training programs to facilitate improved performance specific to sport and human movement skills.
- 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.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:

Lab Participation	10%	Continuous Assessment
Coursework	10%	Continuous Assessment
Coaching Demonstration I	10%	Week 4
Coaching Demonstration II	10%	Week 8
Coaching Demonstration III	10%	Week 12
Term Project	20%	Week 14
Final Exam	30%	Exam Week TBD

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:

Lecture 1: Tuesday – 8:30am - 10:30am (**L123**)

Lecture 2: Thursday – 8:30am - 10:30am (**High Performance Centre**)

Wk	Dates	Lecture 1	Lecture 2	Assessments
1	Sept 2/4	No Classes	Course Introduction & Philosophy of Resistance Training	
2	Sept 9/11	Strength Training Foundations	Deadlift & Overhead Press	
3	Sept 16/18	Strength Training Foundations	Squat & Bench Press	
4	Sept 23/25	Coaching Principles I	Coaching Demonstration	
5	Sept 30 /Oct 2	Truth & Reconciliation Day	Plyometrics	
6	Oct 7/9	Power Training Foundations	Clean & Jerk	
7	Oct 14/16	Power Training Foundations	Snatch	

8	Oct 21/23	Coaching Principles II	Coaching Demonstration	
9	Oct 28/30	Hypertrophy Training Foundations	Upper Body Movements	
10	Nov 4/6	Hypertrophy Training Foundations	Lower Body Movements	
11	Nov 11/13	No Classes: Fall Break		
12	Nov 18/20	Coaching Principles III	Coaching Demonstration	
13	Nov 25/27	Periodization Philosophy & Strategies	Performance Testing & Assessment	
14	Dec 2/4	Presentations		
15	Dec 9/11	Theory Review - Final Exam	Practical Review - Final Exam	
Final Exam				

STUDENT RESPONSIBILITIES:

1. Participation and Engagement:

Active participation is key in this experiential course. It's essential to attend and be engaged in all scheduled sessions; unfortunately, we cannot offer make-up labs, however exceptions may be made on a case-by-case basis, see Attendance and Exceptions below.

2. Assignment Submissions

Some assignments will require you to submit a video or audio recording of your work. These assignments are designed to assess your practical understanding and application of the course material. When submitting a video ensure that your video clearly demonstrates the required skills or concepts outlined in the assignment instructions. The video should be well-lit, with clear audio and visuals, so your assignment is easily understood.

3. Attendance Protocols:

Attendance is noted during each session. Those present but inactive may be given in-class tasks to ensure they remain engaged. Students arriving up to 15 minutes late should discreetly join the session and may be asked to complete a brief catch-up task after class. If over 15 minutes late, students may be marked as absent or asked to leave, given the significant amount of content missed. If you anticipate being late, please try your best to inform the instructor in advance.

4. Attendance and Exceptions:

For medical-related absences or injuries, a note from a doctor or qualified medical professional may be required. If you sustain an injury and expect prolonged absences, please liaise with the instructor promptly. Students involved in intercollegiate events should preemptively consult with the instructor about possible scheduling conflicts. Alternate assignments might be offered to accommodate unforeseen situations. Please be aware that exceeding 10% (or 5 sessions) absence could render you ineligible for the final exam.

5. Late Policy:

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction, to a maximum of 7 days. Missed exams, barring validated emergencies will result in a grade of zero.

6. Dress Code:

To optimize our Lab sessions, please arrive to class dressed in movement-friendly clothing that allows for flexibility and ease. Footwear please wear clean indoor shoes, be it workout shoes, runners or specialized lifting shoes. Ensure they are appropriate for physical activities and provide adequate support. For practical sessions, ensure you have either athletic clothing and footwear on hand.

7. Electronic Devices:

You're welcome to use electronic devices as long as they don't disrupt the learning environment. If they become a distraction, you may be asked to step out or adjust your usage. Remember, our primary goal is a focused and respectful classroom for everyone. If you have an essential call, please step outside discreetly.

8. Code of Conduct:

Let's keep our class environment positive and respectful. Kindly avoid using offensive, inappropriate language or being disruptive to the learning of others during class. As we navigate through this course, conduct yourself in a manner that reflects leadership and inspires others. Students violating this policy may be asked to leave the class.

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.

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.

ADDITIONAL INFORMATION:

Your success in this course is a priority. Please know that we are here to support your academic journey. If you encounter challenges or need clarification on any aspect of the course, do not hesitate to reach out. Together, we'll work towards your growth and achievement.

Commented [LW1]: Amended format to increase readability

