



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – FALL 2019**

**PA 1980 A2: Instruction of the Basics of Resistance Training – 3 (0-0-3) UT 45 HOURS**

**INSTRUCTOR:** Lorelle Warr                      **PHONE:** (780) 539-2978  
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**OFFICE HOURS:** Drop in or by appointment.

**CALENDAR DESCRIPTION:** Acquisition of theoretical knowledge and personal skills used in the instruction of the basics of resistance training.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:** None

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

**OBJECTIVES:**

1. To increase knowledge of resistance training theory and application in the context of theory, application and instruction.
2. To develop a knowledge and understanding of basic program design for resistance training.
3. To acquire the necessary skills to safely and effectively perform resistance training exercises, and the implementation into a resistance training program.
4. To provide opportunities for supervised error detection and corrections of safe & proper weight training techniques.
5. To gain an appreciation of the value of lifetime resistance training.

**LEARNING OUTCOMES:**

1. Students will design a sound resistance-training program.
2. Students will participate in a variety of exercise programs.
3. Students will analyze and critique specific exercises.
4. Students will demonstrate proper lifting and safety technique.
5. Students will complete a six-week self-designed program.
6. Students will document, analyze and evaluate personal progress.

**TRANSFERABILITY:** UA, UC, UL, AU

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:**

<b>Personal Program Design 40%</b> (Part 1 – 20%, Part 2 – 20%) Design two phases of a personal resistance-training program. <u>You</u> will complete phase one during this course. See assignment sheet for details.	Oct 23, 2019 Nov 27, 2019
<b>Workout Logbook 20%</b> Compilation of workouts completed and including exercises, sets, repetitions, rest breaks, and additional comments (as applicable). See assignment sheet for details.	Dec 9, 2019
<b>Training Behavior 10%</b> Students seeking the excellent rating should be able to illustrate good training behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good training environment. This will be determined on a 4-point scale each day; 1 point for attending, 1 point for being on time, 1 point for being dressed appropriately, and 1 point for good weight room behavior (considerate towards others, staying on task, and taking care of the equipment).	Continuous
<b>Final Exam 30%</b> The final written exam will cover all material presented throughout the course.	TBD

#### **GRADING CRITERIA:**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

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:**

Mondays and Wednesdays 8:30am – 9:50am

Room: J203/Weight Room

Date	Topic	Due Date
<b>Week 1:</b> <b>Sept 4</b>	Introduction: Observe Workout	
<b>Week 2:</b> <b>Sept 9 &amp; 11</b>	Muscles/Joint Actions Safe and Effective Training Lifting Form	
<b>Week 3:</b> <b>Sept 16 &amp; 18</b>	Warm Up/Flexibility/Stretching Chest Exercises	
<b>Week 4:</b> <b>Sept 23 &amp; 25</b>	Back Exercises Biceps/Triceps Exercises	
<b>Week 5:</b> <b>Sept 30 &amp; Oct 2</b>	Shoulder Exercises Program Design	
<b>Week 6:</b> <b>Oct 7 &amp; 9</b>	<i>No Class – Thanksgiving (Oct 8<sup>th</sup>)</i> Leg Exercises	
<b>Week 7:</b> <b>Oct 14 &amp; 16</b>	<b>No Class - Thanksgiving</b> Core Exercises	
<b>Week 8:</b> <b>Oct 21 &amp; 23</b>	Measurement and Evaluation Personal Workouts	Program Design 1 (Oct 23)
<b>Week 9:</b> <b>Oct 28 &amp; 30</b>	Personal Workouts: Circuit Training Personal Workouts: Eccentrics	
<b>Week 10:</b> <b>Nov 4 &amp; 6</b>	Personal Workouts: Compounds Personal Workouts: Pyramids	
<b>Week 11:</b> <b>Nov 11 &amp; 13</b>	<b>No Class – Remembrance Day</b> Personal Workouts: Drop Sets	
<b>Week 12:</b> <b>Nov 18 &amp; 20</b>	Personal Workouts: Kettle Bells Personal Workouts: TRX Training	
<b>Week 13:</b> <b>Nov 25 &amp; 27</b>	Personal Workouts Personal Workouts	Program Design (Nov 27)
<b>Week 14:</b> <b>Dec 2 &amp; 4</b>	Personal Workouts Strength Re-Testing Day	
<b>Week 15:</b> <b>Dec 9</b>	Review Day	Workout Logbooks (Dec 9)

**STUDENT RESPONSIBILITIES:** All assignments must be word-processed. It is particularly important to save a copy of any written work to be handed in for credit or grading.

- 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. If the assignment is handed in after the class it is due it will be -10% and an additional -20% for each day it is late afterwards. 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.