



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – Fall 2021

PA1980 (A2): Introduction of the Basics of Resistance Training – 3 (0-0-3) 45 HRS for 15 WKS

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

INSTRUCTOR:	Lorelle Warr	PHONE:	780-539-2978
OFFICE:	K215	E-MAIL:	lwarr@gprc.ab.ca
OFFICE HOURS:	By appointment or drop in.		

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

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Reading materials or links will be made available on D2L as necessary.

DELIVERY MODE(S): Lectures, class discussions, group work, presentations, and in-class exercise.

COURSE OBJECTIVES:

Upon successful completion of this course, students will be able to:

1. Summarize resistance training theory in the context of application and instruction.
2. Explain and develop basic resistance training program design.
3. Demonstrate safe and effective resistance training exercises and implement a resistance training program.
4. Assess safe and proper weight training techniques through demonstration and supervised error detection.
5. Categorize resistance training as valuable tool to create a healthy lifestyle.

LEARNING OUTCOMES:

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

1. Design an evidence-based resistance training program.
2. Participate in a variety of resistance training techniques.
3. Analyze and critique specific resistance training exercises.

4. Demonstrate proper lifting and safe resistance training techniques.
5. Complete a self-designed resistance training program.
6. Document, analyze, and evaluate personal progress.

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:

Personal Program Design 40% (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.	Nov 1 Dec 8
Workout Logbook 15% Compilation of workouts completed and including exercises, sets, repetitions, rest breaks, and additional comments (as applicable). See assignment sheet for details.	Dec 8
Training Behavior 15% Students will be evaluated on a weekly basis based on their overall training behaviour (appropriate attire, punctual, considerate towards others, weight room etiquette) and overall exercise technique improvement through the semester.	Continuous
Final Exam 30% The final written exam will cover all material presented throughout the course.	TBD

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

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	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:

	Monday Lecture	Readings	Wednesday Lecture	Readings
Sept 1			Introduction: Observe Workout	
Sept 6-10	Labour Day-No Class		Muscle/Joint Actions (M119)	AFLCA (2012)
Sept 13-17	Safe and Effective Training	Hesson (2012)	Warm-up/Flexibility/Stretching (M121)	Caulfield & Berninger (2016)
Sept 20-24	Core Exercises (M121)	Jeffreys (2016) Peacock et al. (2014)	Chest Exercises	Caulfield & Berninger (2016) Haff et al. (2016)
Sept 27-Oct 1	Back Exercises	Caulfield & Berninger (2016)	Biceps/Triceps Exercises	Caulfield & Berninger (2016)
Oct 4-8	Shoulder Exercises	Caulfield & Berninger (2016)	Leg Exercises	Caulfield & Berninger (2016)
Oct 11-15	Fall Break – No Classes			
Oct 18-22	Program Design (M119)	ACSM (2018)	Measurement & Evaluation	CSEP (2019)
Oct 25-29	Circuit Training	Hesson (2012)	Eccentrics/Compound Sets	Hesson (2012) Haff et al. (2016)
Nov 1-5	Pyramids/Drop Sets	Hesson (2012)	Kettle Bell/TRX Training	
Nov 8-12	Personal Program		Personal Program	
Nov 15-19	Personal Program		Personal Program	
Nov 22-26	Personal Program		Personal Program	
Nov 29-Dec 3	Personal Program		Personal Program	
Dec 6-9	Measurement & Evaluation	CSEP (2019)	Review (M119)	

STUDENT RESPONSIBILITIES:

- 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 Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

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

POLICY ON THE RECORDING OF TEACHING ACTIVITIES

Students may not record classroom activities (such as lectures, group activities, 3rd party presentations, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. Students will also be given the option of being excused from actively participating in recorded activities. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

COPYRIGHT NOTIFICATION

Any course material created by your instructor is his/her intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.