



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY.

COURSE OUTLINE – FALL 2015

PA1980 A2: INSTRUCTION OF THE BASICS OF RESISTANCE TRAINING 3 (0-0-3) UT

INSTRUCTOR: Mr. Chris Nicol

PHONE: (780) 539-2838

OFFICE: K220

E-MAIL: cnicol@gprc.ab.ca

OFFICE HOURS: Monday 11:30-12:30, by appointment or drop in.

DELIVERY MODE(S): A variety of teaching methodologies will be employed including lecture, discussion, demonstration, in-class exercises, group and individual work. This is an activity course and much of the class time will be devoted to student activity and participation.

PREREQUISITE(S)/COREQUISITE: none

REQUIRED TEXT/RESOURCE MATERIALS:

Hesson, James L. (2012) Weight Training for Life (10th ed.). Belmont, CA: Wadsworth

Other Resources Designated by the Instructor

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

COURSE OBJECTIVES:

- Students will increase knowledge of resistance training theory and application.
- Student will understand how to implement basic program construction.
- Students will acquire a skill set to safely and effectively perform resistance training exercises.
- Students will experience an environment conducive to development.

LEARNING OUTCOMES:

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

M	TOPIC	W	TOPIC
A31		S2	Course Introduction - Wt Rm tour
S7	LABOUR DAY	S9	Ch1&2 W,W,W & FAQ <i>Measurement+/-or Circuit</i>
S14	Fitness Notes <i>BW Circuit</i>	S16	Ch3 Muscle Structure and Function <i>BW Circuit</i>
S21	QUIZ <i>Wt Circuit</i>	S23	Ch4 Warm Up, Flexibility, Stretching <i>Wt Circuit</i>
S28	Ch5: Safe Effective Wt Tr <i>Wt Circuit</i>	S30	Ch 6: A Beginning Wt Tr Program <i>Wt Circuit</i>
O5	Ch 7: Nutrition & Rest <i>Wt Circuit</i>	O7	Ch16: Planning your Wt Tr Program <i>Wt Circuit</i>
O12	THANKSGIVING	O14	TRAINING PROGRAM DUE <i>Student Training Program</i>
O19	Ch13: Core <i>Student Training Program</i>	O21	Ch8 Chest <i>Student Training Program</i>
O26	Ch9 Back <i>Student Training Program</i>	O28	Ch10 Shoulders <i>Student Training Program</i>
N2	Ch11 Arms <i>Student Training Program</i>	N4	Ch12 Legs <i>Student Training Program</i>
N9	Ch 14 Measurement & Evaluation <i>Student Training Program</i>	N11	REMEMBRANCE DAY - FALL BREAK
N16	Ch15 Formula for Success <i>Student Training Program</i>	N18	EXERCISE DUE Ch16 Success Formula <i>Student Training Program</i>
N23	Ch 17: Advanced Wt Tr <i>Student Training Program</i>	N25	Ch18: Wt Tr for Life <i>Student Training Program</i>
N30	<i>Student Training Program</i>	D2	<i>Student Training Program</i>
D7	LOG & RESOURCE BOOK DUE <i>Alternate Training Methods</i>		EXAMS Dec 10 - 19

Note: minor schedule changes or adjustments are possible.

EVALUATIONS:

Quiz	10
Training Behavior	10
Exercise Assign	10
Training Program	20

Log, Resource Book 20
 Final Exam 30

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4pt Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

STUDENT RESPONSIBILITIES:

Regular attendance and participation is expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Notify the instructor of any allergies or medical conditions. Dress in appropriate clothing and footwear for all gymnasium sessions.

Refer to the College Policy on Student Rights and Responsibilities at
www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy at
www.gprc.ab.ca/d/STUDENTMISCONDUCT

****Note:** all Academic and Administrative policies are available at
www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER (If applicable):

**** 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.**

Please refer to the Alberta Transfer guide for current transfer agreements:
www.transferralberta.ca