

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology

Course Outline
PA 1980 - Resistance Training - Fall 2009

Instructor: Jodi Minton Office: M125 Phone: 539-2862 email: jminton@gprc.ab.ca

Class Times: Monday and Wednesday @ 10:00am – 11:20am

Location: Classroom J204, M121, GPRC Fitness Center (Weight Room)

Transferability: University of Alberta PAC 1XX (1.5 credits)
University of Lethbridge PHAC 3605 (1.5 credits)
University of Calgary PEAT 226/Jr PEAT (1.5)

Course Description: An introduction to resistance training. Acquisition of theoretical and practical knowledge using the various forms of resistance training. Emphasis will be on resistance training techniques, lifting mechanics, program design and implementation.

Course Objectives:

1. To increase knowledge of resistance training theory and application.
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.
4. To gain an appreciation of the value of lifetime resistance training.
5. To experience a resistance training program.

Fee: This course is subject to a \$15.00 lab fee.

Required Text: Weight Training for Life
James L. Hesson
9th Edition, 2009
Publishers: Wadsworth/Thomson Learning

Additional References: Weight Training: Steps To Success
Thomas R. Baechle & Roger W. Earle
3rd Edition, 2006
Human Kinetics

Evaluation:

- **Quizzes :** **10%** Two quizzes presented on random dates (5% each).
- **Learning Behavior:** **10%** Students seeking the excellent rating should be able to illustrate good learning behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the class. This will be determined from the student attendance records, and in-class observation of each student.
- **Final Exam:** **20%** December 7th - The final written exam will cover all material presented throughout the course.
- **Term Assignments:** Design a two part personal resistance training program that you will follow through this course. Included with the resistance training program, each student will be expected to keep a log of all workouts. Students will be encouraged to complete a minimum two training sessions each week. See assignment sheet for details.

- Training Programs – 40%

Part 1 – 20% Due: October 19th

Part 2 – 20% Due: November 30th

- Log Book – 20% Due: December 2nd

Attendance/Missed Exam/Assignments:

- Missed quizzes/tests will result in a zero (0%) on that test.
- Missed deadlines on assignments will result in a 10% penalty per day for that assignment. Assignments are due in class on the deadline date.
- Attendance at lectures and class participation are important components of courses. Students serve their interests best by regular attendance. Those who choose not to attend must assume whatever risks are involved.
- Students who miss class due to medical reasons MUST present medical verification to their instructor.

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.