



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2011

PA 1980 Resistance Training. – 1.5 (0-0-3) UT 45 HOURS

INSTRUCTOR: Kathy Nilsson **PHONE:** 780-539-2231
OFFICE: K216 **E-MAIL:** knilsson@gprc.ab.ca

OFFICE HOURS: Tuesday and Thursday 9:00am – 11:00am

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Hesson, J. (2010). Weight Training for Life (9th ed.). Belmont, CA: Wadsworth.

CALENDAR 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.

CREDIT/CONTACT HOURS : PA 1980 consists of two, eighty minute sessions.

Classes **Monday and Wednesday – 8:30am-9:50am** **Room J204/Wt. Room**

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

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.

TRANSFERABILITY: UA, UC, UL, AU, AF

**** 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**

GRADING CRITERIA:

- **Quizzes 15%** Two quizzes presented on random dates (7.5% each). Missed quiz/test will result in a zero (0%) on that quiz/test.
- **Exercise Identification Assignment 5%**
- **Exercise Description Assignment 10%**
- **Training Programs 40%** Design two phases of a personal resistance training program that you will follow through this course. See assignment sheet for details. (Part 1 – 20%, Part 2 – 20%)
- **Final Exam 15%** Last Class. The final written exam will cover all material presented throughout the course.
- **Learning Behavior 15%** 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.
- **Student Attendance is critical for success in this class. Students missing more than three classes will be warned, any further absences will result in the student being debarred from the final exam.**
- *Missed deadlines on assignments will result in a 10% penalty per day for that assignment. Assignments are due in class on the deadline date.*

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.

STATEMENT ON PLAGIARISM AND CHEATING:

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/**

COURSE SCHEDULE/TENTATIVE TIMELINE: This is a tentative document that may change as the course progresses. It is the student's responsibility to be aware of any changes. Changes will be announced in class or via Moodle.

Week 1: Sept 12 & 14, 2011	<ul style="list-style-type: none"> • <i>Course Outline / What is Weight Training? / Orientation Tour / Clothing</i> • <i>Safety/Wt Training Myths/Types of Equip/Performing Strength Exercises/Basic Mechanics</i> • <i>Spotting</i>
Week 2: Sept 19 & 21, 2011	<ul style="list-style-type: none"> • <i>Warm-up/Cool-down/Stretching/ Movement Prep Act - 2X20 5 Shoulder Exercises Demo & Explain</i> • <i>Key Terms/Principles/ 3X15 - 5 Chest Exercises D & E</i>
Week 3: Sept 26 & 28, 2011	<ul style="list-style-type: none"> • <i>Measuring Progress – Keeping Track - Back Exercises D & E</i> • Quiz #1 /Principles and Terms - Arm Exercises
Week 4: Oct. 3 & 5, 2011	<ul style="list-style-type: none"> • <i>Program Planning – Complete Upper Body Exercises</i> • <i>Review Assignment – Lower Body Exercises</i>
Week 5: Oct. 12, 2011	<ul style="list-style-type: none"> • <i>Lower Body Exercises D & E</i> • <i>Lower Body Exercises D & E</i>
Week 6: Oct. 17 & 19, 2011	<ul style="list-style-type: none"> • <i>Trunk Flexion and Extension Exercises - Total Ab Solution</i> • Phase 1 Due - In Gym Training - Begin Training Programs
Week 7: Oct. 24 & 26, 2011	<ul style="list-style-type: none"> • <i>Core Training – In class workouts on program</i> • <i>Core Training</i>
Week 8: Oct 31 & Nov 2, 11	<ul style="list-style-type: none"> • <i>Tips for Sticking With It – Goal Setting Activity</i> • <i>Exercise Naming Activity in Class – Ten Point Check List - Workout</i>
Week 9: Nov. 7 & 9, 2011	<ul style="list-style-type: none"> • <i>Advanced Training Techniques</i> • <i>Functional Training – Functionalize Programs</i>
Week 10: Nov. 14 & 16, 2011	<ul style="list-style-type: none"> • Phase 2 Due - In Gym Training - Begin Training Programs • <i>In Gym Training – New Training Program</i>
Week 11: Nov. 21 & 23, 2011	<ul style="list-style-type: none"> • Quiz #2 - In Gym Training • <i>Power Training</i>
Week 12: Nov. 28 & 30, 2011	<ul style="list-style-type: none"> • <i>Alternative Training Equipment</i> • <i>TRX, Kettle Bells, Foam Rollers, Body Blades</i> • Exercise Description Assignment Due
Week 13: Dec. 5 & 7, 2011	<ul style="list-style-type: none"> • <i>Measuring Progress Assessments - Review</i> • Final Exam

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point 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

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.

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.
- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.