



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2012

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

INSTRUCTOR: Kathy Nilsson **PHONE:** 780-539-2231
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OFFICE HOURS: Monday & Wednesday (9:00am – 11:00am)

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Hesson, J. (2010). Weight Training for Life (10th 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 **Tuesday and Thursday – 8:30am-9:50am** **Room J204/Wt. Room**

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.
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:

Learning Behavior <u>10%</u> 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.	Continuous
Quizzes <u>15%</u> There will be two quizzes presented within the course (7.5% each). Missed quiz/test will result in a zero (0%) on that quiz/test.	Jan 26, 2012 Mar 27, 2012
Exercise Description Assignment <u>10%</u>	Mar 8, 2012
Training Programs <u>40%</u> Design two phases of a personal resistance training program that <u>you</u> will follow through this course. See assignment sheet for details. (Part 1 – 20%, Part 2 – 20%)	Feb 16, 2012 Mar 20, 2012
Alternative Training Equipment Presentation <u>10%</u>	Apr 3/5, 2012
Final Exam <u>15%</u> Last Class. The final written exam will cover all material presented throughout the course.	Apr 12, 2012

- **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 0: Jan 5, 2012	<ul style="list-style-type: none"> • <i>Course Outline / What is Weight Training? / Orientation Tour / Clothing</i>
Week 1: Jan 10 & 12, 2012	<ul style="list-style-type: none"> • <i>Safety/Wt Training Myths/Types of Equip/Performing Strength Exercises/Basic Mechanics</i> • <i>Spotting</i>
Week 2: Jan 17 & 19, 2012	<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: Jan 24 & 26, 2012	<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: Jan 31 & Feb 2, 12	<ul style="list-style-type: none"> • <i>Program Planning – Complete Upper Body Exercises</i> • <i>Review Assignment – Lower Body Exercises</i>
Week 5: Feb 7 & 9, 2012	<ul style="list-style-type: none"> • <i>Lower Body Exercises D & E</i> • <i>Exercise Naming Activity</i>
Week 6: Feb 14 & 16, 2012	<ul style="list-style-type: none"> • <i>Total Ab Solution - Trunk Flexion and Extension Exercises</i> • Phase 1 Due - In Gym Training - Begin Training Programs
Feb. 21 & 23, 2012	<ul style="list-style-type: none"> • Reading Week Break – No classes
Week 7: Feb 28 & Mar 1, 12	<ul style="list-style-type: none"> • Core Training – In class workouts on program • Joint Actions & Muscle contractions
Week 8: Mar 6 & 8, 2012	<ul style="list-style-type: none"> • Tips for Sticking With It – Goal Setting Activity • Exercise Description Assignment Due – Ten Point Check List
Week 9: Mar 13 & 15, 2012	<ul style="list-style-type: none"> • Advanced Training Techniques • Functional Training – Functionalize Programs
Week 10: Mar 20 & 22, 2012	<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: Mar 27 & 29, 2012	<ul style="list-style-type: none"> • Quiz #2 - In Gym Training • <i>Power Training</i>
Week 12: Apr 3 & 5, 2012	<ul style="list-style-type: none"> • Alternative Training Equipment Presentations • TRX, Kettle Bells, Foam Rollers, Body Blades
Week 13: Apr 10 & 12, 2012	<ul style="list-style-type: none"> • <i>Circuit Training</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.