

GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education, Athletics and Kinesiology

PA1980
RESISTANCE TRAINING
Course Outline

W.OO

COURSE DESCRIPTION:

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

INSTRUCTOR: Kelly Ohlhauser

OFFICE: K214 **PHONE:** 539-2838

CLASS TIMES: Tuesday & Thursday 8:30 - 9:50 a.m.

LOCATION: PAC Weight Room & J229

COURSE OBJECTIVES:

1. To increase knowledge of resistance training theory and application.
2. To learn how to design and implement resistance training programs for general fitness, sports specific activities and body building.
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 complete a two month training program of the student's own design.

TEXTBOOK: Strength & Conditioning, A.F.L.C.A.

ATTENDANCE/MISSED EXAMS & QUIZZES/ASSIGNMENTS:

Attendance and activity in class is compulsory. Three absences are allowed without penalty. Any additional absences will result in a student not being allowed to write the final exam. Missed exams and quizzes will result in a zero (0%) for that test.

Assignments are due in class on the deadline date. Late assignments will be penalized 10% per day.

COURSE EVALUATION:

Quizzes	10%
Training Program	
-Design (Feb. 8)	20%
-Completion (Apr. 11)	30%
Practical Demonstration	20%
Final Exam (April 6)	20%

COURSE CONTENT:

1. Basic resistance training principles.
2. Resistance training myths.
3. Muscle structure and function.
4. Warm-up, flexibility and stretching.
5. Safety and resistance training.
6. Common resistance training exercises.
7. Designing a training program.
8. Nutrition and supplements.
9. Advanced resistance training concepts.

TRANSFERABILITY:

Approved by the University of Alberta for an unspecified physical activity option
-PAC 1XX (1.5 credits)

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