

Course Outline  
PA 1980 A2  
Resistance Training

F. 99

**Course Times:** Tuesdays 10:00 -11:20 am  
Fridays 2:30 - 3:50 pm

**Location:** GPRC Weightroom

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.

1. To provide a learning environment for the introduction of various lifting and spotting techniques associated with a wide spectrum of resistance training modalities used to enhance general muscular strength, endurance and power for health or sport performances.
2. To develop a knowledge and understanding of basic program design for resistance training.
3. To develop a knowledge base in practical resistance training techniques and their application to specific populations.
4. To obtain AFLCA certification by challenging provincial exam. Exam fee of \$21.40 is required- this fee covers exam plus AFLCA Resistance Training Manual.

**Required Text:** Essentials of Strength and Conditioning  
Thomas R. Baechle,  
1st Edition, 1994  
Publishers: Human Kinetics, Champaign, Illinois

### Attendance:

Attendance and active participation are fundamental requirements to this course. It is the policy of the Department of PEAK that a student missing more than 10% (3 days) for unexcused absences may not be allowed to write the final exam.

### Transferability:

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

### Evaluation:

- |    |   |     |
|----|---|-----|
| 1. | Practical Demonstration   | 15% |
|    | Lead a practical demonstration of lifting and spotting techniques and provide written support material. |     |
| 2. | Exercise/Workout Log  | 20% |
|    | Due Friday, Dec. 10/99. <b>Late logbooks will not be accepted.</b>                                      |     |
| 3. | Term Assignment   | 25% |
|    | Design a resistance training program that is to be presented during class.                              |     |
| 4. | Final Examination   |     |
|    | Written   | 25% |
|    | Practical   | 15% |
|    |   | 40% |