

SEP 29 2000

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

Course Outline
PA 1980 A2
Resistance Training

Instructor: Laura Hanchanuk

Office: M102

Phone: 539-2816

Office hours posted on door.

Course Times: Mon/Fri

1:00 – 2:20 PM

Location: GPRC Weightroom
H211 may be used for lectures

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.

Course Objectives:

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. **Optional: Obtain AFLCA Resistance Training certification by challenging provincial exam. Exam fee of \$21.40 is required- this fee covers exam plus AFLCA Resistance Training Manual. Must enroll in AFLCA Theory Course this fall as a pre-requisite.

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

Required Text: Weight Training for Life
James L. Hesson
5th Edition. 2000
Publishers: Morton Publishing Co., Englewood, Colorado

Recommended Text: AFLCA Resistance Training Manual (If pursuing certification)
Alberta Fitness Leadership Certification Association

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:

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| 1. | Practical Demonstration | 15% |
| | Lead a practical demonstration of lifting and spotting techniques.
To be performed in class October 30 - November 6. | |
| 2. | Exercise/Workout Log | 20% |
| | Due Friday Dec. 8/00. Late logbooks will not be accepted. | |
| 3. | Term Assignment | 25% |
| | Design a detailed resistance training program.
Due Monday November 27/00.
Late assignments will be deducted 10% per day. | |
| 4. | Final Examination | |
| | Written | 25% |
| | Practical | <u>15%</u> |
| | | 40% |