

SEP. 18 2001

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

Course Outline  
PA 1980 A2 (FITL)  
Resistance Training

**Instructor:** Laura Hancharuk

**Office:** M102

**Phone:** 539-2816

Office hours posted on door.

**Course Times:** Tues/Thurs

8:30 – 9:50 am

**Location:** GPRC Weightroom

J227 will 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. To obtain AFLCA certification by challenging provincial exam. Exam fee of \$21.40 is required- this fee covers exam plus AFLCA Resistance Training Manual.

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

**Required Text:**

Weight Training for Life

James L. Hesson

5<sup>th</sup> Edition, 2000

Publishers: Morton Publishing Co., Englewood, Colorado

**Recommended Texts:** Essentials of Strength and Conditioning  
Thomas R. Baechle,  
2<sup>nd</sup> Edition, 2000  
Publishers: Human Kinetics, Champaign, Illinois

AFLCA Resistance Training Manual  
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.<br>To be performed in class October 30 - November 1.                 |     |
| 2. | Exercise/Workout Log  | 20% |
|    | Due Thursday Dec. 6/01. <b>Late logbooks will not be accepted.</b>  |     |
| 3. | Term Assignment   | 25% |
|    | Design a detailed resistance training program.<br>Due Thursday November 29/01.<br><b>Late assignments will be deducted 10% per day.</b> |     |
| 4. | Final Examination   |     |
|    | Written   | 25% |
|    | Practical   | 15% |
|    |   | 40% |