



DEPARTMENT OF PHYSICAL EDUCATION & KINESIOLOGY

COURSE OUTLINE – FALL 2017

PA1980 (A2): Instruction of the Basics of Resistance Training – 3 (0-0-3) 45 Hours

INSTRUCTOR: Laura Hancharuk
OFFICE: K215
OFFICE HOURS: By Appointment

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CALENDAR DESCRIPTION:

Acquisition of theoretical knowledge and personal skills used in the instruction of the basics of resistance training.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Hesson, J.L. (2013). Weight Training for Life, 10th ed. Belmont, CA Wadsworth, Cengage Learning

DELIVERY MODE(S):

The course work includes lectures, class discussions, group work, presentations and in-class exercises.

COURSE OBJECTIVES:

1. To increase knowledge of resistance training theory and application in the context of theory, application and instruction.
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, and the implementation into a resistance training program.
4. To provide opportunities for supervised error detection and corrections of safe & proper weight training techniques.
5. To gain an appreciation of the value of lifetime resistance training.

LEARNING OUTCOMES:

1. Students will design a sound resistance training program.
2. Students will participate in a variety of exercise programs.
3. Students will analyze and critique specific exercises.
4. Students will demonstrate proper lifting and safety technique.
5. Students will complete a six-week self-designed program.
6. Students will document, analyze and evaluate personal progress.

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** 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**

EVALUATIONS:

Personal Program Design 30% (Part 1 – 15%, Part 2 – 15%) Design two phases of a personal resistance training program that <u>you</u> will follow through this course. See assignment sheet for details.	October 18 th November 20 th
Workout Logbook 25% The final written exam will cover all material presented throughout the course.	December 6 th
Final Exam 30% The final written exam will cover all material presented throughout the course.	TBA
Training Behavior 15% Students seeking the excellent rating should be able to illustrate good training behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good training environment. This will be determined from the student log records, and in-class observation of each student.	Continuous

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Mondays and Wednesdays 8:30am – 9:50am Location: J204 and Fitness Centre

Date	Lecture	Lab
August 30	Orientation, PAR-Q+, Needs Assessment	Observe workout form
September 4	Holiday- No Class	
6	Safe & Effective Training, (Ch.5)	Chest: Presses
11	What, Who & Why. FAQs, (Ch.1,2)	Chest: Flyes & Body Wt.
13	Warm Up, Flexibility and Stretching (Ch.4)	
18	Program Design-Goal setting & Frequency (Ch.16)	Back: Horizontal
20	Program Design (Sets/Reps) (Ch.16)	Back: Lateral
25	Program Design- Selecting Exercises (Ch.16, Ch.6)	Legs: Presses
27	Program Design- Exercise Order/Program Balance (Ch.16)	Legs: All others
October 2		Shoulders
4		Biceps
9	Holiday- No Class	
11		Triceps
16	Core Exercises (Ch.13)	Core
18	Measurement and Evaluation (Ch.14) Program Design 1 Due, Logbooks begin	10RM Testing
23		Circuit Training
25		Personal Workouts
30	Joint Alignment/Common Injuries	Personal Workouts
November 1		Personal Workouts
6		Personal Workouts
8		Personal Workouts
13	Holiday- No Class	
15	Advanced Training Techniques	Personal Workouts & Eccentrics
20	Program Design 2 Due	Personal Workouts & Compound Setting
22		Personal Workouts & Pyramids
27		Personal Workouts & Drop Sets
29	Weight Training for Life (Ch.18)	Personal Workouts
December 4		Strength Testing Retest Day
6	Review Day. Workout Logbooks Due	

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at
www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, 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/**

****Note:** all Academic and Administrative policies are available on the same page.