



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2016

PA 1980 Instruction of the Basics of Resistance Training – 3 (0-0-3) UT 45 HOURS

INSTRUCTOR: Lorelle Kerik **PHONE:** (780) 539-2978
OFFICE: K220 **E-MAIL:** LKerik@gprc.ab.ca
OFFICE HOURS: Mondays 10:30am – 11:30am or by appointment

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, James L. (2012) Weight Training for Life (10th ed.). Belmont, CA: Wadsworth
Other Resources Designated by the Instructor

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, presentations and in-class exercises.

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

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:

Mid Term Exam <u>20%</u>	Oct. 5, 2016
Exercise Description Assignment <u>10%</u>	Oct. 19, 2016
Training Programs <u>30%</u> (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. Training Behavior <u>10%</u> Students seeking the excellent rating should be able to illustrate good training behavior, by submitting class workout log sheets, 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.	Oct. 5, 2016 Oct. 31, 2016 Continuous
Final Exam <u>30%</u> The final written exam will cover all material presented throughout the course.	TBD

GRADING CRITERIA:

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

Week 1: Aug 31	<ul style="list-style-type: none">• <i>Course Outline / Why Weight Training?/ Orientation Tour / Clothing</i>
Week 2: Sept. 7	<ul style="list-style-type: none">• <i>No Class Sept. 5, 2016 for Labour Day</i>• <i>Chapter 1 & 2 What, Who, and Why & Frequently Asked Questions</i>• <i>Fitness Testing</i>
Week 3: Sept. 12 & 14	<ul style="list-style-type: none">• <i>Chapter 3 & 5 – Muscle Structure and Function Safe and Effective Weight Training (Types of equip., basic mechanics, Exercise Performance Check list)</i>• <i>Chapter 4 – Warm Up, Flexibility, and Stretching</i>
Week 4: Sept. 19 & 21	<ul style="list-style-type: none">• <i>Chapter 8 & 10 – Chest & Shoulder Exercises – Spotting</i>• <i>Chapter 9 & 11 – Back Exercises & Arm Exercises</i>
Week 5: Sept. 26 & 28	<ul style="list-style-type: none">• <i>Chapter 6 – A Beginning Weight Training Program</i>• <i>Chapter 12 – Lower Body Exercises</i>
Week 6: Oct. 3 & 5	<ul style="list-style-type: none">• <i>Chapter 13 – Core Exercises</i>• Phase 1 Due Oct. 5, 2016• Mid Term Exam - In Gym Training
Week 7: Oct. 12	<ul style="list-style-type: none">• <i>No Class Oct. 10, 2016 for Thanksgiving</i>• <i>Hand Out Exercise Description Assignment</i>• <i>Body Weight Training</i>
Week 8: Oct. 17 & 19	<ul style="list-style-type: none">• <i>Chapter 15 – Formula for Success & Goal Setting Activity</i>• Exercise Description Assignment Due Oct. 19, 2016• <i>Joint Actions & Muscle contractions</i>
Week 9: Oct. 24 & 26	<ul style="list-style-type: none">• <i>Chapter 17 – Advanced Training Techniques</i>• <i>Chapter 14 – Measurement and Evaluation</i>
Week 10: Oct. 31 & Nov. 2	<ul style="list-style-type: none">• Phase 2 Due – Oct. 31, 2016• <i>Kettle Bell Training</i>• <i>Balance and Stability Training</i>
Week 11: Nov. 7 & 9	<ul style="list-style-type: none">• <i>Circuit Training</i>• <i>Power Training</i>
Week 12: Nov. 14 & 16	<ul style="list-style-type: none">• <i>Strength bands and Body Blade Training</i>• <i>TRX Training</i>
Week 13: Nov. 21 & 23	<ul style="list-style-type: none">• <i>Chapter 18 – Weight Training for Life</i>• <i>Plyometric Training</i>
Week 14:	<ul style="list-style-type: none">• <i>Agility Training</i>

Nov. 28 & 30	<ul style="list-style-type: none"> • <i>Strength Fitness Re-testing Day</i>
Week 15: Dec. 5	<ul style="list-style-type: none"> • <i>Review day</i>

STUDENT RESPONSIBILITIES: All assignments must be word-processed. It is particularly important to save a copy of any written work to be handed in for credit or grading.

- **All assignments must be submitted in typed format adhering to ALL APA format requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**
- **Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**
- **Students who choose to make attendance intermittent may be excused from the final evaluation processes following three (3) unexcused absences. Students should make it a priority to communicate times and reasons they may not be able to attend BEFORE the absence.**

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.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.