

GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education & Athletics

PA 1980
PHYSICAL ACTIVITY RESISTANCE TRAINING
COURSE OUTLINE

✓ 1997 - 1998

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.

INSTRUCTOR: Ray Kardas

OFFICE: C418

COURSE TIMES: T & R 8:00 - 9:20 a.m.

COURSE LOCATION: J201 and GPRC Weight Room in PAC Centre.

COURSE OBJECTIVES:

- The student will gain knowledge of resistance and training demonstrated by the class tests / reading and writing assignments.
- Application of resistance training knowledge demonstrated by class attendance, participation and application of correct training principles.

COURSE TEXT:

Hesson, James L. (1998). Weight training for life. Englewood: Morton Publishing.

COURSE EVALUATION:

1. Chapter tests (10): See course sequence for dates	30%
2. Assignment (6): See course sequence for dates	Assignments 1-5 = 15%
	Assignment #6 = 20%
3. Ongoing class evaluation/contributions/ spotting partner support:	15%
4. Final Test: April 14, 1998	20%
	<u>100%</u>

COURSE SEQUENCE:

WEEK 1	January 6 (Day 1)	<u>Theory:</u> J201 - Introduction, class organization, assignments. <u>Practical:</u> Weight Room Beginning Lifts: Chapter 6 Abdominals
	January 8 (Day 2)	<u>Theory:</u> J201 ◊ Tests on Chapters 1 and 2 Workout sheet from Chapter 6
WEEK 2	January 13 (Day 3)	<u>Theory:</u> J201 ◊ Assignment #1 Due ◊ Test on Chapter 3 & 4 Handouts <u>Practical:</u> Weight Room: (1 x 20)
	January 15 (Day 4)	<u>Theory:</u> J201 ◊ Test on Chapter 5 & 6 Reading Assignment: Muscle Charts <u>Practical:</u> Weight Room: (1 x 20)

WEEK 3	January 20 (Day 5)	<u>Theory:</u> J201 ⇨ Muscle Chart Quiz Handouts
	January 22 (Day 6)	<u>Practical:</u> Weight Room (1 x 20) (1 x 10) <u>Theory:</u> ⇨ Test on Chapter 7 & 8 <u>Practical:</u> Weight Room (1 x 20) (1 x 10)
WEEK 4	January 27 (Day 7)	<u>Theory:</u> J201 ⇨ Test on Chapters 9 & 10 <u>Practical:</u> Weight Room (1 x 20) (1 x 10)
	January 29 (Day 8)	<u>Theory:</u> J201 ⇨ Test on Chapters 11 & 12 <u>Practical:</u> Weight Room (1 x 20) (1 x 10)
WEEK 5	February 3 (Day 9)	<u>Theory:</u> J201 ⇨ Test on Chapter 13 & 14 <u>Practical:</u> Weight Room (1 x 20) (1 x 10) (1 x 5)
	February 5 (Day 10)	<u>Theory:</u> J201 ⇨ Test on chapters 15 & 16 <u>Practical:</u> Weight Room (1 x 20) (1 x 10) (1 x 5)
WEEK 6	February 10 (Day 11)	<u>Theory:</u> J201 ⇨ Test on Chapter 17 <u>Practical:</u> Weight Room (1 x 20) (1 x 10) (1 x 5)
	February 12 (Day 12)	<u>Theory:</u> J201 Measuring Strength (Chapter 14) <u>Practical:</u> Weight Room (1 x 20) (1 x 10) (1 x 5)
WEEK 7	February 17 (Day 13)	<u>Practical:</u> ⇨ Strength Measurement Assignment Due today at end of class.
	February 19 (Day 14)	<u>Theory:</u> J201 ⇨ Goal Setting Assignment Due today. <u>Practical:</u> ⇨ Muscle Endurance Measurement Assignment Due today by end of class.

WEEK 8	March 3 (Day 15)	<u>Theory:</u> J201 Planning Your Personal Weight Training Program ☞ Assignment is Due today
	March 5 (Day 16)	<u>Practical:</u> Begin Personal Weight Training Program Personal Weight Training Program
WEEK 9	March 10 (Day 17)	Personal Weight Training Program
	March 12 (Day 18)	Personal Weight Training Program
WEEK 10	March 17 (Day 19)	Personal Weight Training Program
	March 19 (Day 20)	Personal Weight Training Program
WEEK 11	March 24 (Day 21)	Personal Weight Training Program
	March 26 (Day 22)	Personal Weight Training Program
WEEK 12	March 31 (Day 23)	Personal Weight Training Program
	April 2 (Day 24)	Personal Weight Training Program
WEEK 13	April 7 (Day 25)	Personal Weight Training Program
	April 9 (Day 26)	Personal Weight Training Program
WEEK 14	April 14 (Day 27)	☞ Final Written Assignment Due ☞ Final Comprehensive Test