

GRANDE PRAIRIE REGIONAL COLLEGE  
Department of Physical Education & Athletics

PA 1980  
PHYSICAL ACTIVITY RESISTANCE TRAINING  
COURSE OUTLINE

W 1998 - 1999

**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 practical knowledge of resistance training techniques for selected exercises that lead to overall physical development.
- Application of resistance training knowledge demonstrated by class attendance, participation and application of correct training principles.

**COURSE TEXT:**

Baechle, T.R., and Groves, B.R. (1998). Weight training: Steps to success. 2e.  
Champaign: Human Kinetics.

## COURSE EXPECTATIONS

As this is an activity course, first and foremost the expectations are that the students will be active on class days. If students are currently following a personal resistance training program and find the course days and times "inconvenient", then this course is **NOT** for them. Any student who does not take an active part in the course will be considered as having been ABSENT. (Of course SOME EXCEPTIONAL MEDICAL CIRCUMSTANCES WILL BE CONSIDERED BY THE INSTRUCTOR AS AN ADEQUATE EXCUSE FOR REDUCED ACTIVITY).

Which leads to the Departmental Requirements that students are barred from the final TEST/EXAM – if they have been absent for more than 10% of the classes which in this course means 4 classes – not including the 1<sup>st</sup> class on January 7<sup>th</sup>. Attendance will be taken at the beginning of each class at 8:00 a.m. Any student who consistently arrives late will meet with the Instructor to determine if a withdrawal may be a more preferable option. Each absence from the class will result in a loss of 5% from the total 100% mark available for the course.

## COURSE EVALUATION:

There will be three components to the evaluation for the course based on achieving a predetermined criteria in three identified areas:

To obtain a mark of .....	9	8	7	6	5	4
You <u>must</u> achieve the following marks .....	280	252	239	215	187	150
The marks are based on:						
a) Knowledge EXAM .....	90	80	77	70	60	50
b) Technique Rating .....	100	92	87	75	67	50
c) Program Design Project .....	90	80	76	70	60	50
*Journal completion						

As the class meets twice per week, you will be allowed to collect extra points for additional workouts to a set maximum of 15 based on certified attendance. Details will be provided in class. To do this you must maintain a Journal of class activities.

\*No marks...but daily annotated.