

SEP 10 2002

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics and Kinesiology**

**Course Outline**  
**PA 1980 B2**  
**Resistance Training**

**Instructor:** Ron Thomson      Office: K217      Phone: 539-2901

**Class Times:** Tuesday & Thursday 8:30am - 9:50am

**Location:** GPRC Fitness Center (Weight Room), Classroom J202

**Transferability:** Approved by the University of Alberta for an unspecified physical activity option PAC 1XX (1.5 credits).

**Course Description:** An introduction to resistance training. Acquisition of theoretical and practical knowledge using the various forms of resistance training. Emphasis will be on resistance training techniques, lifting mechanics, program design and implementation.

**Course Objectives:**

1. To increase knowledge of resistance training theory and application.
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.
4. To gain an appreciation of the value of lifetime resistance training.
5. To experience a resistance training program.

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

**Required Text:** Weight Training for Life  
James L. Hesson  
6<sup>th</sup> Edition, 2002  
Publishers: Wadsworth/Thomson Learning

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### **Evaluation:**

- Practical Demonstration 10%

Lead a practical demonstration of lifting and spotting techniques and provide written support material.

- Term Assignment: Due: Component 1 - 25% - October 8th  
Component 2 - 25% - December 5th

Design a personal resistance training program that you will follow through this course (October 8th - November 28th). Included with the resistance training program, each student will be expected to keep a log of all workouts. Students will be expected to complete three training sessions each week from October 8th through to November 28th.

- Quizzes: 15% (3)
- Final Exam: 25%

The final written exam will cover all material presented throughout the course.

### **Attendance/Missed Exam/Assignments:**

Attendance is compulsory. Three absences are allowed without penalty. Any additional absence will result in a student not being allowed to write the final exam. Missed exams and quizzes will result in a zero (0%) on that test. Missed deadlines on assignments will result in a 10% penalty per day. Assignments are due in class on the deadline date.