

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

Course Outline

PA 1980 – Fall 2003

Resistance Training

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

Class Times: Monday & Wednesday 8:30am - 9:50am

Location: GPRC Fitness Center (Weight Room), Classroom 229

Transferability: University of Alberta PAC 1XX (1.5 credits)
University of Lethbridge PHAC 3605 (1.5 credits)
University of Calgary PEAT 226/Jr PEAT (1.5)

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: Effective Weight Training: Analysis and Technique for Upper-Body, Lower-Body, and Trunk Exercises
Douglas Brooks
Publishers: Human Kinetics (2001)

Evaluation:

- Practical Demonstration/Assignment 10%: Lead a practical demonstration of lifting and spotting techniques and provide written support material.
- Term Assignment 50%:

Part 1	- Training Program - 15%	Due: October 8 th
	- Log Book – 10%	Due: November 5 th
Part 2	- Training Program – 15%	Due: November 5 th
	- Log Book – 10%	Due: December 8 th

Design a personal resistance training program that you will follow through this course. 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 for each component. See assignment sheet for details.

- Quizzes 15% (3 @ 5%)
- Final Exam 25%: The final written exam will cover all material presented throughout the course.

Attendance/Missed Exam/Assignments:

- Attendance is compulsory. A student missing more than 10% of the scheduled classes will be warned and any further absences will result in the 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.

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Tentative Class Schedule

September

W - 3

M - 8

W - 10

M - 15

W - 17

M - 22

W - 24

M - 29

October

W - 1

M - 6

W - 8 (Training Program #1 Due)

M - 13 No Class - Thanksgiving

W - 15

M - 20

W - 22

M - 27

W - 29

November

M - 3

W - 5 (Training Program #2 Due) (Log Book #1 Due)

M - 10 No Class

W - 12

M - 17

W - 19

M - 24

W - 26

December

M - 1

W - 3

M - 8 Final Exam (Log Book #2 Due)