

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

Course Outline
PA 1980 - Resistance Training - Fall 2005

Instructor: Ron Thomson Office: K217 **Phone:** 539-2901 **email:** rthomson@gprc.ab.ca

Class Times: Monday and Wednesday 10:00am – 11:20am

Location: GPRC Fitness Center (Weight Room), Classroom H211

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: Weight Training for Life
 James L. Hesson
 6th Edition, 2003
 Publishers: Wadsworth/Thomson Learning

Evaluation:

- Practical Demonstration/Assignment **10%**: Lead a practical demonstration of lifting and spotting techniques and provide one page written support material. Date TBD.
- Term Assignment **50%**:
 - Training Program – **25%** Due: October 24th
 - Log Book – **25%** Due: December 7th

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 a minimum two training sessions each week. See assignment sheet for details.

- Quiz #1 **10%** Monday October 3rd
- Quiz #2 **10%** Wednesday November 2nd
- Final Exam **20%** Wednesday December 7th - 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% (3) 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 tests 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.

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.