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

Course Outline PA 1980 A3 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 TBA

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:

- To increase knowledge of resistance training theory and application.
- To develop a knowledge and understanding of basic program design for resistance training.
- 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.
- To experience a resistance training program.

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

Required Text:

Weight Training for Life

James L. Hesson 6th Edition, 2002

Publishers: Wadsworth/Thomson Learning

Evaluation:

0

Practical Demonstration/Assignment 10%:
 Lead a practical demonstration of lifting and spotting techniques and provide written support material.
 Written support will include

Term Assignment 50%: Part 1 - Training Program - 15% Due: February 12th

- Log Book - 10% Due: March 24th

Part 2 - Training Program - 15% Due: March 24th

- Log Book - 10% Due: April 16th

Design a personal resistance training program that <u>you</u> 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.

Quizzes15% (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 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.