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

Course Outline PA 1980 – Winter 2004 Resistance Training

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

Class Times: Tuesday & Thursday 1:00pm - 2:20pm

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:

- 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 <u>10%</u>: Lead a practical demonstration of lifting and spotting techniques and provide one page written support material.

Term Assignment <u>55%:</u> Part 1 - Training Program - 15% Due: February 12th

Part 2 - Training Program – 20% Due: March 21st

- Log Book – 20% Due: April 15th

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

• Mid Term Test <u>15%</u> Thursday February 26th

• Final Test <u>20%</u> Thursday April 15th - The final written test 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
 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.