

Course Outline

PA 1980 – Winter 2004

Resistance Training

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 one page written support material.

- Term Assignment 55%:

Part 1	- Training Program - 15%	Due: February 12 th
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Part 2	- Training Program – 20%	Due: March 21 st
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- Log Book – 20%	Due: April 15 th
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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 for each training program. See assignment sheet for details.

- Mid Term Test 15% Thursday February 26th
- Final Test 20% 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.