

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

**Course Outline**  
**PA 1980 - Resistance Training – Winter 2010**

**Instructor:** Ron Thomson Office: K219 Phone: 539-2901 email: rthomson@gprc.ab.ca

**Class Times:** Tuesday and Thursday 8:30am – 9:50am

**Location:** GPRC Fitness Center (Weight Room), Classroom J204

**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  
9<sup>th</sup> Edition, 2010  
Publishers: Wadsworth/Thomson Learning

**Evaluation:**

- **Quizzes :** **15%** Three quizzes presented on random dates (5% each).
- **Learning Behavior:** **10%** Students seeking the excellent rating should be able to illustrate good learning behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the class. This will be determined from the student attendance records, and in-class observation of each student.
- **Final Exam:** **30%** Last Class. The final written exam will cover all material presented throughout the course.

- **Term Assignments:** Design a two part 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 must complete a minimum two training sessions each week. See assignment sheet for details.

**- Training Programs – 30%**

Part 1 – 15%

Part 2 – 15%

**- Log Book – 15%**

**Attendance/Missed Exam/Assignments:**

- Missed quiz/test will result in a zero (0%) on that quiz/test.
- Missed deadlines on assignments will result in a 10% penalty per day for that assignment. Assignments are due in class on the deadline date.
- Attendance at lectures and class participation are important components of courses. Students serve their interests best by regular attendance. Those who choose not to attend must assume whatever risks are involved.
- Students who miss class due to medical reasons MUST present medical verification to their instructor.

**Grading System:** Converting percentage grades to alpha grades.

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

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.