



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE

PA 1980 Instruction of the Basics of Resistance Training – 3 (0-0-3) UT 45 HOURS

INSTRUCTOR: Ron Thomson

PHONE: 780-539-2901

OFFICE: K219

E-MAIL: rthomson@gprc.ab.ca

OFFICE HOURS: Tuesday and Thursday 11:30am – 1:00pm

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Hesson, J. (2010). Weight Training for Life (10th ed.). Belmont, CA: Wadsworth.

CALENDAR DESCRIPTION: Acquisition of theoretical knowledge and personal skills used in the instruction of the basics of resistance training.

CREDIT/CONTACT HOURS: PA 1980 consists of two, eighty minute sessions.

Classes Tuesday and Thursday – 10:00am-11:20am Room J203/Wt. Room

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, presentations and in-class exercises.

OBJECTIVES:

1. To increase knowledge of resistance training theory and application in the context of theory, application and instruction.
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, and the implementation into a resistance training program.
4. To provide opportunities for supervised error detection and corrections of safe & proper weight training techniques.
5. To gain an appreciation of the value of lifetime resistance training.

TRANSFERABILITY: UA, UC, UL, AU

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

GRADING CRITERIA:

Learning Behavior <u>10%</u> 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.	Continuous
Quizzes <u>20%</u> There will be two quizzes presented within the course (10% each). Missed quiz/test will result in a zero (0%) on that quiz/test.	Jan 24, 2013 Mar 26, 2013
Exercise Identification Assignment <u>5%</u>	
Exercise Description Assignment <u>10%</u>	Mar 7, 2013
Training Programs <u>30%</u> Design two phases of a personal resistance training program that <u>you</u> will follow through this course. See assignment sheet for details. (Part 1 – 15%, Part 2 – 15%)	Feb 14, 2013 Mar 19, 2013
Article Reviews <u>10%</u> Select and review two articles of Interest from the National Strength and Conditioning Journal.	Apr 2, 2013
Final Exam <u>15%</u> The final written exam will cover all material presented throughout the course.	Last Class

- **Student Attendance is critical for success in this class. Students missing more than three classes will be warned, any further absences will result in the student being debarred from the final exam.**
- *Missed deadlines on assignments will result in a 10% penalty per day for that assignment. Assignments are due in class on the deadline date.*

STUDENT RESPONSIBILITIES: All assignments must be word-processed. It is particularly important to save a copy of any written work to be handed in for credit or grading.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at

<http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

COURSE SCHEDULE/TENTATIVE TIMELINE: This is a tentative document that may change as the course progresses. It is the student's responsibility to be aware of any changes. Changes will be announced in class or via Moodle.

Week 1: Jan 8 & 10, 2013	<ul style="list-style-type: none">• <i>Course Outline / What is Weight Training? / Orientation Tour / Clothing</i>• <i>Safety/Wt Training Myths/Types of Equip/Performing Strength Exercises/Basic Mechanics</i>• <i>Key Terms/Principles/</i>
Week 2: Jan 15 & 17, 2013	<ul style="list-style-type: none">• <i>Warm-up/Cool-down/Stretching/ Movement Prep Act</i> <i>2X20 5 Shoulder Exercises Demo & Explain</i>• <i>Spotting - 3X15 – 5 Chest Exercises D & E</i>
Week 3: Jan 22 & 24, 2013	<ul style="list-style-type: none">• <i>Measuring Progress – Keeping Track - Back Exercises D & E</i>• Quiz #1 /Principles and Terms - Arm Exercises
Week 4: Jan 29 & 31, 2013	<ul style="list-style-type: none">• <i>Program Planning – Complete Upper Body Exercises</i>• <i>Review Assignment – Lower Body Exercises</i>
Week 5: Feb 5 & 7, 2013	<ul style="list-style-type: none">• <i>Lower Body Exercises D & E</i>• <i>Total Ab Solution - Trunk Flexion and Extension Exercises</i>
Week 6: Feb 12 & 14, 2013	<ul style="list-style-type: none">• <i>Exercise Naming Assignment in Class</i>• Phase 1 Due - In Gym Training - Begin Training Programs
Feb 19 & 21, 2013	<ul style="list-style-type: none">• Reading Week Break – No classes
Week 7: Feb 26 & 28, 13	<ul style="list-style-type: none">• Joint Actions & Muscle contractions• Core Training – In class workouts on program
Week 8: Mar 5 & 7, 2013	<ul style="list-style-type: none">• Tips for Sticking With It – Goal Setting Activity• Ten Point Check List
Week 9: Mar 12 & 14, 2013	<ul style="list-style-type: none">• Advanced Training Techniques & Functional Training• Functional Training session
Week 10: Mar 19 & 21, 2013	<ul style="list-style-type: none">• Phase 2 Due - In Gym Training - Begin Training Programs• Exercise Description Assignment Due – In Gym Training – New
Week 11: Mar 26 & 28, 2013	<ul style="list-style-type: none">• Quiz #2 - In Gym Training• <i>Power Training</i>

Week 12: Apr 2 & 4, 2013	<ul style="list-style-type: none"> Alternative Strength Training Methods TRX, Kettle Bells, Foam Rollers, Body Blades, bands, etc.
Week 13: Apr 9 & 11, 2013	<ul style="list-style-type: none"> <i>Circuit Training</i> <i>Review day</i>
Week 14 April 16, 2013	<ul style="list-style-type: none"> <i>Final Exam</i>

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

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.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.