



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**  
**COURSE OUTLINE – WINTER 2019**  
**PA 1981- A3 INTRODUCTION TO THE BASICS OF CARDIOVASCULAR TRAINING**  
**3(0-0-3)**

**INSTRUCTOR:** Warr, Lorelle                      **PHONE:** (780) 539-2978.  
**OFFICE:** K216                                      **EMAIL:** lwarr@gprc.ab.ca.  
**OFFICE HOURS:** Drop in or by appointment.

**CALENDAR DESCRIPTION:** Acquisitions of theoretical knowledge and personal skills used in the instruction of the basics of cardiovascular training.

**PREREQUISITE(S)/COREQUISITE:** N/A

**REQUIRED TEXT/RESOURCE MATERIALS:**

Reuter, B. (ed.). *Developing endurance*. Champaign, IL: Human Kinetics.

**DELIVERY MODE(S):** Lecture, small group discussion, and active participation

**COURSE OBJECTIVES:**

1. To provide a definition of cardiovascular/ aerobic exercise
2. To identify the benefits of regular exercise
3. To explain cardiovascular/ aerobic endurance criterion
4. To identify and utilize methods of monitoring exercise intensity for the purposes of increased competency and comfort.
5. To examine the different methods of training and evaluating cardiovascular fitness
6. To calculate target heart rate zones using a variety of formulae
7. To identify training methods for cardiovascular/ aerobic conditioning
8. To participate in daily fitness exercises (running, cycling, cross-training, etc.)

**LEARNING OUTCOMES:**

1. The student will become more proficient in cardiovascular training methods.
2. The student will increase physical competency in participating in various cardiovascular training modalities.
3. The student will improve ability to critically analyze and amend cardiovascular training programs.

4. The student will acquire greater breadth of knowledge regarding principle of periodization for applied to cardiovascular training.
5. The student will gain greater competency for the use of physiological measures (e.g., heart rate training) and cardiovascular equipment (e.g., treadmill).

**UNIVERSITY TRANSFER:UA, UC, UL, AU**

Please refer to the Alberta Transfer guide for current transfer agreements:

[www.transferralberta.ca](http://www.transferralberta.ca)

**\*\* 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.**

**EVALUATIONS:**

<b>Cardiovascular Workbook 5%</b> See assignment sheet, posted on Moodle, for details.	<b>April 11, 2019</b>
<b>Training Program Design 15%</b> See assignment sheet, posted on Moodle, for details.	<b>March 21, 2019</b>
<b>Class Assignments 10%</b> Assignments will be handed out throughout the semester. Instructions and deadlines will be provided at the time of each assignment.	<b>Continuous</b>
<b>Project Presentation 10%</b> See assignment sheet, posted on Moodle for details.	<b>Schedule TBD</b>
<b>Activity Completion/Participation 10%</b> This is an evaluation of your participation and attendance throughout the course.	<b>Continuous</b>
<b>Midterm 20%</b> An evaluation of the first half of the semester.	<b>February 7, 2019</b>
<b>Final Exam 30%</b> An evaluation of the content covered throughout the semester	<b>TBD</b>

**GRADING CRITERIA:**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

### COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesdays and Thursdays 8:30am – 9:50am Class: J204

WEEK	TOPIC	READING	LOCATION
<b>Week 1:</b> <b>Jan 3</b>	Introduction, Heart Rate Monitors		Class
<b>Week 2:</b> <b>Jan 8 &amp; 10</b>	Beep Test and Step Physiology/Endurance Tests and Assessments	Ch 1 & 2	Class Gym
<b>Week 3:</b> <b>Jan 15 &amp; 17</b>	Warm-up, Form Running, and Cool Down Endurance Training Principles and Considerations	Ch 8 Ch 3	Class Gym
<b>Week 4:</b> <b>Jan 22 &amp; 24</b>	Goal Setting and Motivating – 40 min LSR @ 60-70% Swimming/Water Aerobics	Ch 10/Moodle	Class/WR Eastlink
<b>Week 5:</b> <b>Jan 29 &amp; 31</b>	Aerobic Endurance Development (Periodization) Cycle Class	Ch 5 Ch 9	Class M121
<b>Week 6:</b> <b>Feb 5 &amp; 7</b>	Principles - Anaerobic Threshold <b>Midterm Exam</b>	Ch 6	Class Class
<b>Week 7:</b> <b>Feb 12 &amp; 14</b>	Out Door Activity Fartlek Training		TBD Wt. Rm.
<b>Feb 19 &amp; 21 Winter Break – No Class</b>			
<b>Week 8:</b> <b>Feb 26 &amp; 28</b>	HIIT Training Recovery Run 45 min (In or Out)	Moodle	M121 TBD
<b>Week 9:</b> <b>Mar 5 &amp; 7</b>	Urban Poling Tempo Run 30 min @ 80-90%	Moodle	SBC Wt. Rm.
<b>Week 10:</b> <b>Mar 12 &amp; 14</b>	Triathlon Training Weight Management	Ch. 11	M121 Class
<b>Week 11:</b>	Injury Prevention – Hill/Incline Running	Moodle	TBD

<b>Mar 19 &amp; 21</b>	Group Fitness Class	Moodle	CIM121
<b>Week 12:</b>	Interval Training	Moodle	Wt. Rm.
<b>Mar 26 &amp; 28</b>	Student Presentations		TBD
<b>Week 13:</b>	Student Presentations		TBD
<b>Apr 2 &amp; 4</b>	Student Presentations		TBD
<b>Week 14:</b>	Beep Test and Step Test		Gym
<b>Apr 9 &amp; 11</b>	Review Day		Class

### **STUDENT RESPONSIBILITIES:**

Refer to the College Policy on Student Rights and Responsibilities at

[www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

- **All assignments must be submitted in typed format adhering to ALL APA format requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**
- **Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**
- **Students who choose to make attendance intermittent may be excused from the final evaluation processes following three (3) unexcused absences. Students should make it a priority to communicate times and reasons they may not be able to attend BEFORE the absence.**

### **STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, 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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

\*\*Note: all Academic and Administrative policies are available on the same page.

### **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.