

## DEPARTMENT of Kinesiology and Health Sciences

### COURSE OUTLINE – Winter 2024

#### PA1981 (A3): Introduction to the Basics of Cardiovascular Training – 3 (0-0-3) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

|                      |                            |                |  |
|----------------------|----------------------------|----------------|--|
| <b>INSTRUCTOR:</b>   | Lorelle Warr               | <b>PHONE:</b>  | 780-539-2978   |
| <b>OFFICE:</b>       | K215                       | <b>E-MAIL:</b> | <a href="mailto:lwarr@nwpolytech.ca">lwarr@nwpolytech.ca</a> |
| <b>OFFICE HOURS:</b> | Drop in or by appointment. |                |  |

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

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

**REQUIRED TEXT/RESOURCE MATERIALS:** Reading materials and resources will be provided on myClass.

Recommended textbook: NSCA's Essentials of Personal Training (3<sup>rd</sup> ed.). by Schoenfeld & Snarr (Eds.).

**DELIVERY MODE(S):** This course consists of lectures, in class discussions, and active participation in aerobic training activities.

#### LEARNING OUTCOMES:

Upon successful completion of this course, students will be able to:

- Define and outline the benefits of aerobic training.
- Identify and utilize intensity monitoring methods for aerobic training.

- Evaluate and experience various aerobic training methods utilized in health and performance programs (E.g. training zones, intervals, long slow distance, etc.).
- Demonstrate and explain proper use of various aerobic training equipment (E.g. treadmill, indoor bikes, etc.).
- Develop aerobic training programs for a variety of health and performance outcomes.

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.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**

## EVALUATIONS:

Due dates are in Mountain Standard Time (MST).

|                               |                        |             |
|-------------------------------|------------------------|-------------|
| Monitoring Intensity Analysis | April 2 @ 11:59pm      | 20%         |
| Activity Participation        | Continuous             | 45%         |
| Program Design                | April 11 @ 11:59pm     | 15%         |
| Final Exam                    | TBD – During Exam Week | 20%         |
| <b>Total</b>                  |                        | <b>100%</b> |

## GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

| Alpha Grade | 4-point Equivalent | Percentage Guidelines |  | Alpha Grade | 4-point Equivalent | Percentage Guidelines |
|-------------|--------------------|-----------------------|--|-------------|--------------------|-----------------------|
| A+          | 4.0                | 95-100                |  | C+          | 2.3                | 67-69                 |
| A           | 4.0                | 85-94                 |  | 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 & Thursdays 1:00pm–2:20pm J202 or as scheduled (see details below)

|                | Tuesday Class             | Thursday Class                 |
|----------------|---------------------------|--------------------------------|
| Jan 9 & 11     | Introduction              | Cardiovascular System          |
| Jan 16 & 18    | Cardiovascular System     | Monitoring Intensity           |
| Jan 23 & 25    | Aerobic Fitness Testing   | Aerobic Fitness Testing        |
| Jan 30 & Feb 1 | Activity (TBD)            | Components of Training Session |
| Feb 6 & 8      | Activity (TBD)            | Activity (TBD)                 |
| Feb 13 & 15    | Program Design            | Activity (TBD)                 |
| Feb 20 & 22    | Winter Break – No Classes |                                |
| Feb 27 & 29    | Activity (TBD)            | Activity (TBD)                 |
| Mar 5 & 7      | Activity (TBD)            | Activity (TBD)                 |
| Mar 12 & 14    | Activity (TBD)            | Activity (TBD)                 |
| Mar 19 & 21    | Activity (TBD)            | Activity (TBD)                 |
| Mar 26 & 28    | Activity (TBD)            | Activity (TBD)                 |
| Apr 2 & 4      | Aerobic Fitness Testing   | Program Design                 |
| Apr 9 & 11     | Program Design            | Review                         |

## STUDENT RESPONSIBILITIES:

**Attendance:** 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.

**Late Assignments:** Assignments will be deducted 10% for each day it is late. If you are struggling to complete your assignment on time due to unexpected circumstances, email the instructor prior to the due date.

**Cell Phones:** The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class is therefore not tolerated.

**Email:** Email is the preferred option to communicate with your instructor. **Email correspondence to your instructor must be sent from your NWP student email account.** Emails should be professionally formatted and include a subject, correct spelling and grammar, and a reference to course material and/or textbook pages, etc. Emails that do not adhere to this format may not be responded to.

## STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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