



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2012

PA 1981-A3 CARDIOVASCULAR TRAINING – 1.5(3-0-0) 45 HOURS

INSTRUCTOR: Ron Thomson **PHONE:** 780-539-2901
OFFICE: K219 **E-MAIL:** rthomson@gprc.ab.ca

OFFICE HOURS: Tuesday and Thursday 10:00am - Noon

PREREQUISITE(S)/COREQUISITE: None

RESOURCE MATERIALS:

- Wildman R. & Millar B. (2004). Sports and Fitness Nutrition. Toronto, ON. Thomson Wadsworth. Chapter 13 Endurance Training and Exercise.
- Potteiger, J.A., (2000). Chapter 21: Aerobic Endurance Exercise Training . In Baechle T.R. and Earle R.W. (Eds.) Essentials of Strength Training and Conditioning (495-509). Canada: Human Kinetics.

CALENDAR DESCRIPTION: This course will focus on the individual development of cardiovascular fitness. Students will acquire both theory and practice in cardiovascular training. The aerobic activities will combine a variety of cardiovascular activities in a variety of inside and outside settings.

CREDIT/CONTACT HOURS:

PA 1980 consists of two, eighty minute sessions.

Monday & Wednesday 10:00-11:20 am -Weight Room and J204

DELIVERY MODE(S):

- Theoretical Exploration of Cardiovascular Training Methods.
- Skill development and acquisition through active learning and exploration.

OBJECTIVES (OPTIONAL):

- Provide a definition of cardiovascular / aerobic exercise
- Identify the benefits of regular exercise
- Explain cardiovascular / aerobic endurance criterion
- Identify and utilize methods of monitoring exercise intensity
- Examine and understand the different methods of training and evaluating the cardiovascular fitness.
- Calculate target heart rate zones using a variety of formulae
- Identify training methods for cardiovascular / aerobic conditioning
- Participate in daily fitness exercises (running, cycling, cross-training etc).

TRANSFERABILITY:

** 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:

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

EVALUATIONS:

- Article Reviews / Oral Presentation 15%
- Log Book 25%
 - Complete a self reflection of all workouts completed in class. Form provided.
- Quizzes 15%
- Assignments 15 %
 - Goal Setting 5%
 - Heart Rate Calculations/ Resting Heart Rate 5%
 - Beep Test and VO2 Calculations 5%
- Learning Behavior / Attendance / Participation 10 %
 - As this is an activity class students will be expected to participate in the physical activities required to learn about and experience cardiovascular exercise. Students missing more than 3 classes will be warned and any further absences will result in the student being removed from the class. The first 4 classes will be mandatory.
 - 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 20 %

STUDENT RESPONSIBILITIES: Be on time and ready to participate in daily physical activities.

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/**

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

This is a tentative document that may change as the course progresses. It is the students responsibility to be aware of any changes. Changes will be announced in class or via Moodle.

Week 1: Jan 9 & 11 , 2012	•
Week 2: Jan 16 & 18 , 2012	•
Week 3: Jan 23 & 25 , 2012	•
Week 4: Jan 30 & Feb 1 , 2012	•
Week 5: Feb 6 & 8 , 2012	•
Week 6: Feb 13 & 15 , 2012	•
Week 7: Feb 20 & 22 , 2012	• <i>Reading Break</i>
Week 8: Feb 27 & 29 , 2012	•
Week 9: March 5 & 7 , 2012	•
Week 10: March 12 & 14 , 2012	•
Week 11: March 19 & 21 , 2012	•

Week 12: March 26 & 28 , 2012	•
Week 13: April 2 & 4, 2012	•
Week 14: April 9 & 11, 2012	•