



## DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

### COURSE OUTLINE – WINTER 2012

#### PA 1981-B3 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 Baechele 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.  
Tuesday & Thursday 2:30-3:50 pm -Weight Room and J229

#### **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 <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	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/\\*\\*](http://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.

<b>Week 1:</b> <b>Jan 10 &amp; 12 , 2012</b>	<ul style="list-style-type: none"><li>• <i>Course Outline and Course Format, Moodle,</i></li></ul>
<b>Week 2:</b> <b>Jan 17 &amp; 19 , 2012</b>	<ul style="list-style-type: none"><li>• <i>CV Training Introduction – Wt Room Orientation</i></li><li>•</li></ul>
<b>Week 3:</b> <b>Jan 24 &amp; 26 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 4:</b> <b>Jan 30 &amp; Feb 2 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 5:</b> <b>Feb 7 &amp; 9 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 6:</b> <b>Feb 14 &amp; 16 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 7:</b> <b>Feb 21 &amp; 23 , 2012</b>	<ul style="list-style-type: none"><li>• <i>Reading Break</i></li></ul>
<b>Week 8:</b> <b>Feb 28 &amp; Mar 1 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 9:</b> <b>March 6 &amp; 8 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 10:</b> <b>March 13 &amp; 15 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 11:</b> <b>March 20 &amp; 22 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 12:</b> <b>March 27 &amp; 29 , 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 13:</b> <b>April 3 &amp; 5, 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>Week 14:</b> <b>April 10 &amp; 12, 2012</b>	<ul style="list-style-type: none"><li>•</li></ul>