

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics and Kinesiology**

**PA. 1981 Cardiovascular Training**

**Instructor: Ali Wilson**

**Term: Fall 2003**

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**Office: M103**

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**Class Schedule: Mon & Wed 10:00-10:50am**

Tues. 12:00-12:50pm

**Textbook: Browning R. & Sleamaker R. (1996) Serious Training for Endurance Athletes. Chicago, IL. Human Kinetics**

**Method of Instruction:**

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

**Purpose of the Course:**

- Cardiovascular training is an activity course designed to provide students with an opportunity to examine their cardiovascular fitness. Students will:
  - Examine and understand the role of the cardiovascular system.
  - Examine and understand the different methods of training and evaluating the cardiovascular systems.
  - Participate in daily fitness exercises (running, cycling, rollerblading, etc).
  - Design a cardiovascular fitness program.

**Evaluation:**

- Journal- Due Nov 24/03 5 %
- Cardiovascular Modality Presentation 30 %
- Performance/participation evaluation 30 %
- Mid-term examination 15 %
- Final Exam 20 %

**Participation:**

- As this course relies on student participation, it is crucial for all students to regularly attend classes. Students missing classes will lose participation points. Students with three absent days or more may receive a 0 in PA 1981.

**Grading Scheme:**

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>

B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>

### **Tentative Schedule:**

<b>Week</b>	<b>Content</b>	<b>Reading</b>
Sept 3	Student Retreat and Orientation	
Sept 8	Determining Your Needs	
Sept 9	Testing	
Sept 10	Testing	Ch. 5
Sept 15	Warming Up, Cooling Down & Stretching	
Sept 16	Modality Example	
Sept 17	Modality 1	Ch. 2
Sept 22	Foundations to Systematic Training	
Sept 23	Modality 2	
Sept 24	Modality 3	Ch. 3
Sept 29	Scheduling Your Training	
Sept 30	Modality 4	
Oct 1	Modality 5	Ch. 4
Oct 6	Doing Serious Workouts	
Oct 7	Testing	
Oct 8	Testing	
Oct 13	Holiday	
Oct 14	TBA	
Oct 15	Modality 6	
Oct 20	Midterm examination	
Oct 21	Modality 7	
Oct 22	Modality 8	Ch. 6
Oct 27	Fueling the Body for Training & Performance	
Oct 28	Modality 9	
Oct 29	Modality 10	Ch. 7
Nov 3	Recovering Effectively from Training	
Nov 4	Testing	
Nov 5	Testing	
Nov 10	Holiday	
Nov 11	Holiday	
Nov 12	Modality 11	Ch. 8, 9

Nov 17	Tracking Your Training & Managing Your Training	
Nov 18	Modality 12	
Nov 19	Modality 13	Ch.10
Nov 24	Optimizing Your Training for Racing	
Nov 25	Modality 14	
Nov 26	Modality 15	Ch.11
Dec 1	Staying Motivated to Train	
Dec 2	Modality 16	
Dec 3	Testing	
Dec 8	Final Exam	
Dec 9	Testing	