

performance will make up the remainder of this area. Performance points will be accumulated during various activities based on times and scores.

Journal/Assignment - Cardiovascular Training Program + Log Book (40%)

A Journal will be used to document all activity engaged in during PA 1981. Firstly it will include all exercise and activities performed on a daily basis. Secondly it will be used to develop a Cardiovascular Fitness Training Program for a specific athlete of your choice.

Log of Daily Exercises must include this format. (10)

Date: Eg. Sept 8, 2004

Objective (2): Eg. Aerobic training - base stage.

Exercises (2): Exercise #1 – Overdistance Training – 40 minute run – approximately 5km

Physical Issues (2): Low energy, explosive, sore, stiff, or injured

Affective Issues (2): Bored, pumped, tired, interested, and disinterested.

Self-Assessment (2): An examination of your objective in relation to your physical and affective issues.

Assignment – Cardiovascular Fitness Training Program (30)

The program outline will be evaluated on your ability to use appropriate cardiovascular fitness principles for a specific client. Please include explanations and rationale for what you are doing. Information to be evaluated in your training program should include but is not limited to:

Assignment – Due Nov 22, 2004

1. Assessment of needs specific to individual. (5)
2. Objectives, Goals and Principles of the training programs. (5)
3. Exercise types and ordering (5)
4. Time, Frequency and Intensity (3)
5. Progression principles (2)
6. Minimum of two training phases (2)
7. Clarity and Organization (2)
8. References (1)
9. Writing ability (5)

The Journal/Assignment will be evaluated on:

1. Training Log. You must keep a log of all workouts. Each student will be expected to complete 2, training sessions each week from Sept 8th through November 17th. It is expected students will research the important aspects of a training log and use the guideline above as a minimum. (10)
2. Cardiovascular Training Program. It is expected students will research the important aspects of cardiovascular training and use the guideline above as a minimum. (30)

Note: There is no set guideline for the required length of this assignment. You should include whatever you feel is necessary to accurately report on the planning and implementation of your program. Your submission should also be a reflection of the value this assignment carries within the course evaluation.

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:

Week	Content	Reading
Sept 3	Student Retreat and Orientation	
Sept 8	Introduction -Fitness Testing – Anaerobic	
Sept 13	Foundations of Systematic Training - 2.4 km Run	
Sept 15	Fitness Testing 2400m	
Sept 20	Foundations of Systematic Training – 2.4 km Run	
Sept 22	Quiz – 15 min Run	
Sept 27	Prefontaine Movie	
Sept 29	Aerobics	
Oct 4	Scheduling Your Training – Machine Training – 20 min	
Oct 6	Quiz - 20 min Run	
Oct 11	Thanksgiving	
Oct 13	Doing Serious Workouts – 2.4 km	
Oct 18	Mid-Term	
Oct 20	Strength & Intervals – 2.4 km → 30 minutes	
Oct 25	Doing Serious Workouts – Machines	
Oct 27	Quiz - Speed and Uphill Intervals	
Nov 1	Doing Serious Workouts – 30 minutes	
Nov 3	Strength & Intervals – 30 minutes	
Nov 8	Quiz - Warming Up, Cooling Down, and Stretching	
Nov 10	5.0 Km → 40 min	
Nov 15	Warming Up, Cooling Down, and Stretching – 2.4 km	
Nov 17	Machine Training – 40 minutes	
Nov 22	Fueling the Body for Training – 2.4 km – Journal/Assignment Due	
Nov 24	Quiz – 5 km → 40 minutes	
Nov 29	Recovering Effectively from Training – 2.4 km	

Dec 1	Fitness Testing - Anaerobic
Dec 6	Final Exam
Dec 8	Fitness Testing - Aerobic