



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2016

PA 1981- A2 INTRODUCTION TO THE BASICS OF CARDIOVASCULAR TRAINING 3(0-0-3) 45 Hours

INSTRUCTOR: Lorelle Kerik **PHONE:** (780) 539-2978.
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OFFICE

HOURS: Monday 10:30 am – 11:30 am or by appointment

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

PREREQUISITE(S)/COREQUISITE: N/A

REQUIRED TEXT/RESOURCE MATERIALS: Reuter, B. (ed.). *Developing endurance*. Champaign, IL: Human Kinetics, Inc.

DELIVERY MODE(S): Lecture, small group discussion, and active participation

COURSE OBJECTIVES:

1. To provide a definition of cardiovascular/ aerobic exercise
2. To identify the benefits of regular exercise
3. To explain cardiovascular/ aerobic endurance criterion
4. To identify and utilize methods of monitoring exercise intensity for the purposes of increased competency and comfort.
5. To examine the different methods of training and evaluating cardiovascular fitness
6. To calculate target heart rate zones using a variety of formulae
7. To identify training methods for cardiovascular/ aerobic conditioning
8. To participate in daily fitness exercises (running, cycling, cross-training, etc.)

LEARNING OUTCOMES:

1. The student will become more proficient in cardiovascular training methods.

2. The student will increase physical competency in participating in various cardiovascular training modalities.
3. The student will improve ability to critically analyze and amend cardiovascular training programs.
4. The student will acquire greater breadth of knowledge regarding principle of periodization for applied to cardiovascular training.
5. The student will gain greater competency for the use of physiological measures (e.g., heart rate training) and cardiovascular equipment (e.g., treadmill).

UNIVERSITY TRANSFER:UA, UC, UL, AU

Please refer to the Alberta Transfer guide for current transfer agreements:

www.transferalberta.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 receiving institutions to ensure transferability.**

EVALUATIONS:

- Log Book 20%
 - Complete a self-reflection of all workouts completed in class. Form provided.
- Midterm Examination 15%
- 12 Week-Training Program Design 15%
- Class Assignments 10 %
- Article Review and Oral Presentation 10%
- Final Evaluation 30 %

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		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 and Thursdays 2:30pm – 3:50pm

WEEK	TOPIC	READING	LOCATIO N
Week 1: Sept 1	<ul style="list-style-type: none"> CV Training Introduction 	<i>RD 1</i>	<ul style="list-style-type: none"> Class
Week 2: Sept 6 & 8	<ul style="list-style-type: none"> Beep Test and Step Test – Determining our Baseline - VO2 Calculation Discovering Intensities –Introduction to Cardiovascular Physiology, HR, and Monitors: RHR Assignment #1 	<i>Chapter 1</i> <i>Chapter 2</i>	<ul style="list-style-type: none"> Gym Class
Week 3: Sept 13 & 15	<ul style="list-style-type: none"> Introduction to Periodization– Run Outdoor Form Running: VO2 Calculation Assignment Warm up & Stretching - Run Outdoor 35 min @ 60-65% 	<i>Chapter 3</i> <i>Chapter 5</i>	<ul style="list-style-type: none"> Outside Weight Rm.
Week 4: Sept 20 & 22	<ul style="list-style-type: none"> Goal Setting and Motivation: Run 40 min @ 65-70% Cool Down and Recovery: 30 minutes @70-75 % Goal Setting Assignment Due 	<i>Chapter 4</i>	<ul style="list-style-type: none"> Class Class
Week 5: Sept 27 & 29	<ul style="list-style-type: none"> Hill/ Incline Running Training Principles: Run Outdoor 40 minutes @ 70-75% 	<i>Chapter 8</i>	<ul style="list-style-type: none"> Outside Class
Week 6: Oct 4 & 6	<ul style="list-style-type: none"> Anaerobic Training Principles Interval Training: Legion Track 	<i>Chapter 6</i>	<ul style="list-style-type: none"> Class Outside
Oct 11 & 13	<ul style="list-style-type: none"> Mid-Term Examination: Oct 11th Cardiovascular Training Programs: Spin Class 	<i>Chapter 9</i>	<ul style="list-style-type: none"> Class M121
Week 7: Oct 18 & 20	<ul style="list-style-type: none"> Spin Class WT Management: 45 minutes @ 65-70% 		<ul style="list-style-type: none"> M121 Outside
Week 8: Oct 25 & 27	<ul style="list-style-type: none"> Swimming Swimming 	<i>Chapter 10</i>	<ul style="list-style-type: none"> Eastlink Eastlink
Week 9: Nov 1 & 3	<ul style="list-style-type: none"> Swimming Injury Prevention –Interval Short 		<ul style="list-style-type: none"> EL Class
Week 10: Nov 8	<ul style="list-style-type: none"> Interval (Long) No Class on 10th (Fall Break) 		<ul style="list-style-type: none"> Weight Rm.
Week 11: Nov 15 & 17	<ul style="list-style-type: none"> No Class on 15th (Student for the Day) Circuit Training 		<ul style="list-style-type: none"> Outside Gym
Week 12: Nov 22 & 24	<ul style="list-style-type: none"> Cardio Games: 12 WK Training Program Due Running: 40-50 min @ 70-75% 		<ul style="list-style-type: none"> Gym Outside
Week 13: Nov 29 & Dec 1	<ul style="list-style-type: none"> Class Presentations Final Beep Test: Log Books Due #2 		<ul style="list-style-type: none"> Class Gym

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- **All assignments must be submitted in typed format adhering to ALL APA format requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**
- **Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**
- **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.**

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, 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.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.