



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – WINTER 2017
PA 1981- A2 INTRODUCTION TO THE BASICS OF CARDIOVASCULAR TRAINING
3(0-0-3)

INSTRUCTOR: Lorelle Kerik **PHONE:** (780) 539-2978.
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OFFICE
HOURS: 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 15%
 - Complete a self-reflection of all workouts completed in class. Form provided.
- Midterm Examination 15%
- Comparison of Aerobic Conditioning Assignment 5%
- 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 8:30am – 9:50am Class: J204

WEEK	TOPIC	READING	LOCATION
Week 1: Jan 5	<ul style="list-style-type: none"> CV Training Introduction Heart Rate Monitors – Resting HR Assignment - Wt Room Orientation Cardio Equip 		<ul style="list-style-type: none"> Class
Week 2: Jan 10 & 12	<ul style="list-style-type: none"> Physiology of Endurance Sport Training/Endurance Tests and Assessments Beep Test and Step Test – Determining our Baseline - VO2 Calculation Assignment 	Chapter 1 Chapter 2	<ul style="list-style-type: none"> Class Gym
Week 3: Jan 17 & 19	<ul style="list-style-type: none"> Endurance Training Principles and Considerations Warm-up, Form Running, and Stretching and Cool Down – Comparison of Aerobic Conditioning Assignment Due 	Chapter 3 Chapter 8	<ul style="list-style-type: none"> Class Gym
Week 4: Jan 24 & 26	<ul style="list-style-type: none"> Goal Setting and Motivating – 35 min @ 70%- Goal Setting Assignment Long Slow Run 45 min (In or Out) 		<ul style="list-style-type: none"> Class/WR Class
Week 5: Jan 31 & Feb 2	<ul style="list-style-type: none"> Out Door Activity Spin Class 	Chapter 9	<ul style="list-style-type: none"> TBD M121
Week 6: Feb 7 & 9	<ul style="list-style-type: none"> Principles - Anaerobic Threshold Aerobic Endurance Development 	Chapter 6 Chapter 5	<ul style="list-style-type: none"> Class/ M121 Class
Week 7: Feb 14 & 16	<ul style="list-style-type: none"> Out Door Activity Mid Term Exam – Log Books Due 		<ul style="list-style-type: none"> TBD Class
Feb 21 & 23	<ul style="list-style-type: none"> Winter Break – No Class 		
Week 8: Feb 28 & Mar 2	<ul style="list-style-type: none"> HIIT Training – Interval Training Long Swimming 	Chapter 10	<ul style="list-style-type: none"> M121 Eastlink
Week 9: Mar 7 & 9	<ul style="list-style-type: none"> Swimming Swimming 		<ul style="list-style-type: none"> Eastlink Eastlink
Week 10: Mar 14 & 16	<ul style="list-style-type: none"> Urban Poling Indoor Cardio Games 		<ul style="list-style-type: none"> Nordic Trails Gym

Week 11: Mar 21 & 23	<ul style="list-style-type: none"> • <i>Injury Prevention – Hill/Incline Running</i> • Weight Management 		<ul style="list-style-type: none"> • <i>Class/Outside</i> • <i>Class</i>
Week 12: Mar 28 & 30	<ul style="list-style-type: none"> • Interval Training – Training Program Assignment Due • <i>Class Presentations</i> 		<ul style="list-style-type: none"> • <i>Legion Field</i> • <i>Outside</i>
Week 13: Apr 4 & 6	<ul style="list-style-type: none"> • <i>Class presentations– Resting HR Assignment #2</i> • <i>Beep Test and Step Test – Log Books Due</i> 		<ul style="list-style-type: none"> • <i>Class</i> • <i>Gym</i>
Week 14: Apr 11	<ul style="list-style-type: none"> • <i>Review Day</i> 		<ul style="list-style-type: none"> • <i>Class</i>

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.