



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2013

PA 1981-A2 CARDIOVASCULAR TRAINING – 3(3-0-0) 45 HOURS

INSTRUCTOR: Ron Thomson

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OFFICE HOURS: Monday 12:00-4:00pm and Wednesday 2:30-4:00pm

PREREQUISITE(S)/COREQUISITE: None

RESOURCE MATERIALS: Posted on Moodle

- 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 Baechle T.R. and Earle R.W. (Eds.) Essentials of Strength Training and Conditioning (495-509). Canada: Human Kinetics.
- Clark M. A. & Lucett S.C. (Eds.). (2010). NASM Essentials of Sports Performance Training. Lippincott Williams & Wilkins. Chapter 5

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 1981 consists of two, eighty minute sessions.

Class Times: Tuesday and Thursday 2:30-3:50 pm -Weight Room and J203

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 ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	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 20%
 - Complete a self-reflection of all workouts completed in class. Form provided.
- Quizzes 15%
- Training Program Design 15%
- Class Assignments 10 %
 - Goal Setting
 - Heart Rate Calculations/ Resting Heart Rate
 - Beep Test and VO2 Calculations
- 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 15 %

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/**

**Note: all Academic and Administrative policies are available on the same page.

Tentative Class Schedule 2013 (Tues & Thurs 2:30-3:50pm):

Week 1: Sept 5	<ul style="list-style-type: none"> CV Training Introduction 	<ul style="list-style-type: none"> Class
Week 2: Sept 10 & 12	<ul style="list-style-type: none"> Discovering Intensities –Heart Rate Monitors Review Heart Rate Monitors - Wt Room Orientation Beep Test and Step Test – Determining our Baseline - VO2 Calculations 	<ul style="list-style-type: none"> Class/WR Gym
Week 3: Sept 17 & 19	<ul style="list-style-type: none"> Warm –up – Run Outdoor 35 min @ 60-65%- Base Training - Run Outdoor 40 min @ 65-70% 	<ul style="list-style-type: none"> Class/Out Out
Week 4: Sept 24 & 26	<ul style="list-style-type: none"> Quiz #1 - Goal Setting and Motivating – 30 min @ 70%- GS Assignment Recovery, Stretching and Cool down- - Foam Roller Massage Post Exercise LSD 45 min - Recovery, Stretching and Cool down 	<ul style="list-style-type: none"> Class/WR M121
Week 5: Oct 1 & 3	<ul style="list-style-type: none"> Principles - Anaerobic Threshold – 75% 10 min increase to - 85%for 15m Outdoor Mountain Biking – Muskoseepi Trails 	<ul style="list-style-type: none"> Class/WR Out
Week 6: Oct 8 & 9	<ul style="list-style-type: none"> Types of Training - Improving Performance – Outdoor Running Trails Interval Training at Legion Track 	<ul style="list-style-type: none"> Out Track
Week 7: Oct 15 & 17	<ul style="list-style-type: none"> Sport Specific Training Concepts Quiz #2– Interval Training Short 	<ul style="list-style-type: none"> Class/? Class
Week 8: Oct 22 & 24	<ul style="list-style-type: none"> HIIT Training – Interval Training Long Circuit Training in Gymnasium 	<ul style="list-style-type: none"> Wt Room Gym
Week 9: Oct 29 & 31	<ul style="list-style-type: none"> Wt Management Walk/Run Programs – Intermittent Programs 	<ul style="list-style-type: none"> Class Out
Week 10: Nov 5 & 7	<ul style="list-style-type: none"> Nordic Walking Designing a Training Program – (Assign Assignment – Due Nov 21) 	<ul style="list-style-type: none"> Out Class
Week 11: Nov 12 & 14	<ul style="list-style-type: none"> Injury Prevention – Outside Training Quiz #3 – Outside Training 	<ul style="list-style-type: none"> Class Out
Week 12: Nov 19 & 21	<ul style="list-style-type: none"> Spin Class (Training Program Assign Due) 	<ul style="list-style-type: none"> M121 Class
Week 13: Nov 26 & 28	<ul style="list-style-type: none"> Indoor Cardio Games Class presentations – Resting HR Assignment #2 	<ul style="list-style-type: none"> Gym Class
Week 14 Dec 3 & 5	<ul style="list-style-type: none"> Class Presentations Final Beep Test and Step Test 	<ul style="list-style-type: none"> Class Gym
Week 15 Dec 10	<ul style="list-style-type: none"> Final Exam 	<ul style="list-style-type: none"> Class