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

PA 1981 A3 & B3 - Cardiovascular Training

Instructor: Ron Thomson Term: Winter 2007

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Class Schedule: A3 - Mon & Wed 10:00-11:20 am

B3 - Tues & Thurs 2:30 - 3:50 pm

Credit: 1.5 Transfers U of A – PAC 1XX (1.5)

U of C – PEAT 228/JR PEAT (1.5)

U of L – PHAC 3605 (1.5)

Recommended Readings:

Wildman R. & Millar B. (2004). Sports and Fitness Nutrition. Toronto, ON. Thomson Wadsworth. Chapter 13 Endurance Training and Exercise.

Method of Instruction:

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

Course Objectives:

- Give 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
- Competently prescribe a cardiovascular / aerobic endurance program
- Participate in daily fitness exercises (running, cycling, cross-training etc).

Evaluation:

•	Journal/Log Book/Cardiovascular Training Program Assignment		
	A) Articles/ Oral Presentation	15%	
	B) Log Book of Daily Exercise 20%		
	C) Cardiovascular Training Program	20%	
•	Random Quizzes (3) Random Dates		15 %

Random Quizzes (3)
 Random Dates
 Participation
 10 %

Class participation will be based on the student's attendance. A student missing more than 3 classes will receive zero for the participation grade.

• Final Exam Last Class 20 %

Journal/Log Book/Cardiovascular Training Program (55%) - Due Last Class

A Journal will be used to document all activity engaged in during PA 1981.

- It will include all exercise and activities performed on a daily/weekly basis.
- It will be used to collect 5 articles relating to cardiovascular training.
- It will be used to develop a Cardiovascular Fitness Training Program for yourself or a specific client of your choice.

A) Web Notes/Article Review (10) – Oral Presentation (5)

Students will be expected to review 5 articles. These articles must be copied and included in your Journal. Articles may be from a web page, magazine or journal. Assignment must include:

- 1. Outline the key purpose/point of the article.
- 2. Summarize two key points in the article that you found interesting or noteworthy and explain why.
- 3. Referencing. Where is the article from?

It is expected that you will present to the class a brief (2-4 minute) oral presentation highlighting the key or interesting points included in <u>one</u> of the articles (March).

B) Log Book of Daily Exercises and Testing (20)

You must keep a log of all cardiovascular workouts. Each student will be expected to complete 2, cardiovascular training sessions each week from Jan 15th through April 12th. It is expected students will research the important aspects of a training log and use the guideline below as a minimum.

Date: Eq. Jan 15

Objective : Eg. Aerobic training - base stage.

Exercises: Exercise #1 – Overdistance Training – 40 minute run –

approximately 5km

Physical Issues: Low energy, explosive, sore, stiff, or injured

Affective Issues: Bored, pumped, tired, interested, and disinterested.

Self-Reflection: A self reflection on this activity. Is this activity for you? Will you

incorporate it into your workouts or will you avoid it? Etc.

C) Cardiovascular Fitness Training Program (20)

The program will be evaluated on your ability to use appropriate cardiovascular fitness principles. 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:

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

Excellent	90 - 100	4.0	A+
Exocuent	85 - 89	4.0	Α
First Class Standing	80 - 84	3.7	A-
	76 - 79	3.3	B+
Good	73 - 75	3.0	В
	70 - 72	2.7	B-
Satisfactory	67 - 69	2.3	C+
	64 - 66	2.0	С
	60 - 63	1.7	C-
Minimal Pass	55 - 59	1.3	D+
	50 - 54	1.0	D
Fail	0 - 49	0.0	F