

Grande Prairie Regional College

Department of Physical Education, Athletics and Kinesiology

PA 1981 A3 & B3 - Cardiovascular Training

Instructor: Ron Thomson

Term: Winter 2008

Email: rthomson@gprc.ab.ca

Office: K217

Telephone: 539-2901

Class Schedule: A3 - Mon & Wed 10:00-11:20 am Gym and J204
B3 - Tues & Thurs 2:30 - 3:50 pm Gym and J202/J201

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)

Required Course Packet: Available in GPRC Bookstore.

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

Heyward, Vivian. (2007). Advanced Fitness Assessment and Exercise Prescription.
5th Ed. Human Kinetics. Chapter 5 Designing Cardiorespiratory Exercise Programs.

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:

- Article Reviews / Oral Presentation 15%
- Log Book / Journal 25%
- Cardiovascular Training Program 20%
- Quizzes (2) 10 %
- Learning Behavior / Attendance / Participation 10 %
 - 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 (Last Class) 20 %

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>