

# Grande Prairie Regional College

Department of Physical Education, Athletics and Kinesiology

## PA 1981 A3 & B3 - Cardiovascular Training

**Instructor: Ron Thomson**

**Term: Winter 2009**

**Email:** [rthomson@gprc.ab.ca](mailto:rthomson@gprc.ab.ca)

**Office: K217**

**Telephone: 539-2901**

**Class Schedule:** A3 - Mon & Wed 10:00-11:20 am Weight Room and J204

B3 - Tues & Thurs 2:30 - 3:50 pm Weight Room and J204

**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 Reading: On Reserve in GPRC Library**

Wildman R. & Millar B. (2004). Sports and Fitness Nutrition. Toronto, ON.

Thomson Wadsworth. Chapter 13 Endurance Training and Exercise.

Potteiger, J.A., (2000). Aerobic Endurance Exercise Training . In Baechle T.R. and Earle R.W. (Eds.) Essentials of Strength Training and Conditioning (495-509).  
Canada: Human Kinetics.

### **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 20%
- Cardiovascular Training Program 20%
- Quiz 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) 25 %

**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>