

Grande Prairie Regional College

Department of Physical Education, Athletics and Kinesiology

PA 1981 A3 & B3 - Cardiovascular Training

Instructor: Ron Thomson

Term: Winter 2011

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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)

References:

- 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.

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
- Participate in daily fitness exercises (running, cycling, cross-training etc).

Evaluation:

- Article Reviews / Oral Presentation 15%
- Log Book 25%
 - Complete a self reflection of all workouts completed in class. Form provided.
- Quizzes 15%
- Assignments 20 %
 - Goal Setting 5%
 - Heart Rate Calculations 5%
 - Resting Heart Rate 5%
 - Beep Test and VO2 Calculations 5%
- 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 %

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>