



## DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

### COURSE OUTLINE – WINTER 2013

#### PA 1981-B3 CARDIOVASCULAR TRAINING – 3(3-0-0) 45 HOURS

**INSTRUCTOR:** Ron Thomson                      **PHONE:** 780-539-2901  
**OFFICE:** K219                                      **E-MAIL:** rthomson@gprc.ab.ca

**OFFICE HOURS:** Tuesday and Thursday Noon – 1:30pm

**PREREQUISITE(S)/COREQUISITE:** None

#### **RESOURCE MATERIALS:**

- 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.

**Tuesday and Thursday 2:30-3:20 pm -Weight Room and J229**

#### **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 <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

## Tentative Class Schedule:

<b>Week 1:</b> <b>Jan 8 &amp; 10, 2013</b>	<ul style="list-style-type: none"> <li>• <i>CV Training Introduction</i></li> <li>• <i>Discovering Intensities –Heart Rate Monitors</i></li> </ul>
<b>Week 2:</b> <b>Jan 15 &amp; 17, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Review Heart Rate Monitors - Wt Room Orientation</i></li> <li>• <i>Beep Test and Step Test – Determining our Baseline - VO2 Calculations</i></li> </ul>
<b>Week 3:</b> <b>Jan 22 &amp; 24, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Warm –up – Run Outdoor 35 min @ 60-65%-</i></li> <li>• <i>Base Training - Run Outdoor 40 min @ 65-70%</i></li> </ul>
<b>Week 4:</b> <b>Jan 29 &amp; 31, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Quiz #1 - Goal Setting and Motivating – 30 min @ 70%- GS Assignment</i></li> <li>• <i>Recovery, Stretching and Cool down</i></li> <li>• <i>LSD 45 min( In or Out)</i></li> </ul>
<b>Week 5:</b> <b>Feb 5 &amp; 7, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Principles - Anaerobic Threshold – 75% 10 min increase to - 85%for 15 mi</i></li> <li>• <i>Outdoor Skating</i></li> </ul>
<b>Week 6:</b> <b>Feb 12 &amp; 14, 2013</b> <b>Feb 19 &amp; 21, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Spin Class</i></li> <li>• <i>Spin Class</i></li> <li>• <b><i>Reading Break</i></b></li> </ul>
<b>Week 7:</b> <b>Feb 26 &amp; 28, 13</b>	<ul style="list-style-type: none"> <li>• <i>Types of Training - Improving Performance – Outdoor Running</i></li> <li>• <i>Quiz #2 - Foam Roller Massage Post Exercise – Interval Training Short</i></li> </ul>
<b>Week 8:</b> <b>Mar 5 &amp; 7, 2013</b>	<ul style="list-style-type: none"> <li>• <i>HIIT Training – Interval Training Long</i></li> <li>• <i>Circuit Training in Gymnasium</i></li> </ul>
<b>Week 9:</b> <b>Mar 12 &amp; 14, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Snowshoeing</i></li> <li>• <i>Wt Management</i></li> </ul>
<b>Week 10:</b> <b>Mar 19 &amp; 21, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Nordic Walking</i></li> <li>• <i>Indoor Cardio Games</i></li> </ul>
<b>Week 11:</b> <b>Mar 26 &amp; 28, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Injury Prevention – Outside Training</i></li> <li>• <i>Quiz #3 – Outside Training</i></li> </ul>
<b>Week 12:</b> <b>Apr 2 &amp; 4, 2013</b>	<ul style="list-style-type: none"> <li>• <b><i>Class presentations – Resting HR Assignment #2</i></b></li> </ul>
<b>Week 13:</b> <b>Apr 9 &amp; 11, 2013</b>	<ul style="list-style-type: none"> <li>• <b><i>Class Presentations</i></b></li> <li>• <b><i>Final Beep Test and Step Test</i></b></li> </ul>
<b>Week 14</b> <b>April 16, 2013</b>	<ul style="list-style-type: none"> <li>• <b><i>Final Exam</i></b></li> </ul>