



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2021

PF 1980 A2– LEADERSHIP IN RESISTANCE TRAINING- 3 (1-0-3) 60 HOURS, 15 WEEKS

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-831-4608 text
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OFFICE HOURS: By appointment

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

CALENDAR DESCRIPTION:

A course in which students acquire both theoretical and practical knowledge using various forms of resistance training. Emphasis will be placed upon providing the student with leadership skills on resistance training techniques, lifting mechanics, program design and implementation.

PREREQUISITE(S)/COREQUISITE: PE2200 Personal Physical Fitness/PE1000 Anatomy

REQUIRED TEXT/RESOURCE MATERIALS:

1. Hesson, J.L, (2013). Weight Training for Life, 10th ed. Belmont, CA Wadsworth, Cengage Learning

DELIVERY MODE(S):

The course work includes lectures, class discussions, demonstrations, and practical lab work.

COURSE OBJECTIVES:

1. To provide a learning environment for the introduction of various lifting and spotting techniques associated with a wide spectrum of resistance training modalities used to enhance general muscular strength, endurance and power for health or sport performances.

2. To expose students to various program design principles for resistance training.
3. To provide a safe learning environment in which students can develop leadership skills in the teaching of various resistance training exercises.
4. To provide the opportunity for students to challenge the provincial AFLCA Resistance Training Specialty exam.

LEARNING OUTCOMES:

1. The student will be able to demonstrate safety protocols; spotting techniques and the correct exercise form for a variety of resistance training exercises.
2. The student will develop a knowledge and understanding of basic program design for resistance training.
3. The student will develop leadership skills in the teaching of various resistance training exercises in a one-on-one training environment.
4. The student will develop practical group demonstration and public speaking skills.
5. The student will experience advanced resistance training techniques and understand how to incorporate them into program design.
6. The student will challenge the AFLCA provincial exam and have the opportunity to become AFLCA certified in Resistance Training.

TRANSFERABILITY:

GMU

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2>)

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions.

It is the student's responsibility to contact the receiving institutions to ensure transferability.

EVALUATIONS:

Term Assignment #1:	Due: Oct. 25	10%
Teaching & Leadership Log	Nov. 8	15%
Practical Demonstrations	Nov. 15, 17	15%
Personal Exercise Logbook	Due: Dec.1	15%
Final Exam (Written)	Exam Week- TBA	25%
Final Exam (Practical)	Dec. 6, 8	20%

** Late assignments will be deducted 10% per day.

*** All grading criteria and examinations must be completed to receive course credit.

Attendance is mandatory. Those students who have 3 unexcused absences will not be permitted to write the final exam. Students must attend Zoom classes with their video on for the duration of the class.

GRADING CRITERIA:

Please note that a grade of C- is required to pass PF1980. And that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN "C-" IF**

YOU ARE PLANNING TO CONTINUE IN THE PERSONAL TRAINER DIPLOMA OR TRANSFER TO A UNIVERSITY.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	F	0.0	0-59
B	3.0	73-76			
B-	2.7	70-72			

COURSE SCHEDULE/TENTATIVE TIMELINE:

PF1980 consists of one 80 minute instructional session and two, 80 minute lab sessions per week.

Lectures Monday 1:00pm-2:20pm J201
 Lab 2 Monday and Wednesday 8:30 – 9:50am Fitness Centre

Date	Lecture Topic	Lab Topics
September 1	LAB & Lecture: Orientation, GAQ, Safe & Effective Training, (Ch.5)	Observe workout form.
6	Labor Day Holiday: No Classes	
8	LAB	Chest: Presses
13	What, Who & Why. FAQs, (Ch.1,2) How to TEACH an exercise Joint Alignment/Common Injuries	
13	LAB	Chest: Flyes & Body Wt.
15	LAB	Back: Horizontal
20 Lecture	Program Design-Goal setting (Ch.16)	
20	LAB	Back: Lateral
22	LAB	Legs: Presses
27 Lecture	Program Design (Reps/Sets) (Ch.16)	
27	LAB	Legs: All others
29	LAB	Shoulders (Burnout Sets)
October 4 (Lecture)	Program Design- Exercise Order/Balance Discuss Term Assignment #1	
4	LAB Personal Exercise Logbooks begin today	Shlds, Biceps (Eccentrics)
6	LAB	Triceps (Compound Setting)
Oct 11-15	FALL BREAK: No Classes	
18 Lecture	Program Design- Practical Applications	

Oct 18	LAB	Teaching Core Stability Progressions: textbook (M121)
20	LAB	Assign 10RM
25 Lecture	Advanced Training (Ch.17) Term Assignment #1 Due	
25	LAB	Technique Check Workout 1
27	LAB	Pre-Fatigue/Single Set System/Super Slows-Eccentrics
November 1 (Lecture)	Advanced Training Continued: Split Programs	
1	LAB	Circuit Training (Wt Rm)
3	LAB	Core Stability: Video 1 Ball Training LB (M121)
8 Lecture	Muscle Recruitment (Ch.3)	Leadership Log Due (Signup for Practical Demos)
8	LAB	Core Stability: Video 2 Ball Training UB (M121)
10	LAB	Pyramids, Technique Check Workout 2
15 Lecture	Strength Training Methods	
15	LAB	Practical Demonstrations
17	LAB	Practical Demonstrations
22 Lecture	Performance Enhancing Substances	
22	LAB	Designing Home Programs Home Exercises (M121) Elastic Tubing/Isometrics
24	LAB	1RM and 10RM Post-Test assigned
29 Lecture	Special Populations: Women, Older Adults Special Populations: Youth Signup Practical Exams	
29	LAB	Technique Check Workout #3
December 1	LAB	TBA (Personal Exercise Logbooks Due)
6 Lecture	Review	
6	LAB	Practical Exams (and M121 Review Sessions)
8	LAB	Practical Exams

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at
www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, 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/**

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