

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics & Kinesiology**

**Course Outline**  
**PF 1980 A2 (FITL)**  
**Leadership in Resistance Training**

**Instructor:** Laura Hancharuk

**Phone:** 539-2440

**Office:** M102 (Office hours by appointment).

**Course Times:**

Lecture        Tuesday: 11:30 - 12:30pm  
Lab 1            Tues/Thurs: 8:30 - 9:50am  
Lab 2:            Tues/Thurs: 10 - 11:20am  
Lab 3:            Tues 11:30-12:50 and Fri 8:30-9:50am

**Location: Lectures:** H211

**Labs:** GPRC Weight room or M121

**Note:** Labs will be at the Club at Ranchlands for the month of September. 9702-Prairie Rd

**Course Description:**

An introduction to leadership principles in resistance training. Acquisition of theoretical and practical knowledge using various forms of resistance training. Emphasis will be based upon providing the student with leadership skills on resistance training techniques, lifting mechanics, program design and implementation.

Pre/Corequisites: AFLCA Fitness Theory; PE1000 Anatomy

**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 develop a knowledge and understanding of basic program design for resistance training.
3. To develop a knowledge base in practical resistance training techniques and their application to specific populations.
4. To develop leadership skills in the teaching of various resistance training exercises.
5. To obtain AFLCA certification by challenging provincial exam. Exam fee is included in the purchase of the course textbook.

**Delivery Mode(s):**

This course includes lectures and labs, and students will be performing practical demonstrations to the class.

**Lab Fee:** This course is subject to a \$15.00 lab fee.

**Supplies:** Please bring a small coiled notebook to the weight room to take notes.

**Required Texts:**

NSCA's Essentials of Personal Training  
Earle & Baechle  
Publishers: Human Kinetics, Champaign, Illinois

AFLCA Manual: Effective Strength Training  
Douglas Brooks  
Publishers: Human Kinetics, Champaign, Illinois

**Attendance:**

Attendance and active participation are fundamental requirements to this course. It is the policy of the Department of PEAK that a student missing more than 10% (3 days) for unexcused absences may not be allowed to write the final exam.

**Transferability:**

Approved by the University of Alberta for an unspecified physical activity option PAC 1XX (1.5 Credits).

**Evaluation:**

1.	<b>Practical Demonstration</b>	15%
	Lead a practical demonstration of lifting and spotting techniques. To be performed in labs –Oct.22, 27, 29	
2.	<b>Term Assignment:</b> Due date: Oct.20	20%
	Introductory resistance training program design.	
3.	<b>Exercise/Workout Log:</b> Due date: Nov.19	25%
4.	<b>Final Examination</b>	
	Written (Date TBA, Exam week)	25%
	Practical (Dec. 1, 3, 8)	<u>15%</u>
		40%

**Late assignments and logbooks will not be accepted**

**Grading System:** The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90-100	Excellent
A	4.0	85-89	First Class Standing
A-	3.7	80-84	
B+	3.3	76-79	Good
B	3.0	73-75	
B-	2.7	70-72	
C+	2.3	67-69	Satisfactory
C	2.0	64-66	
C-	1.7	60-63	Minimal Pass
<b>F</b>	<b>0.0</b>	<b>0-59</b>	<b>FAIL</b>