



## DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

### COURSE OUTLINE – FALL 2016

#### PF 1980 – LEADERSHIP IN RESISTANCE TRAINING- 3 (1-0-3) 60 HOURS

**INSTRUCTOR:** Laura Hancharuk      **PHONE:** 780-539-2440 office/780-831-4608 text  
**OFFICE:** K215      **E-MAIL:** LHancharuk@gprc.ab.ca

**OFFICE HOURS:** By appointment

#### 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:** AFLCA Exercise Theory/PE1000 Anatomy

#### REQUIRED TEXT/RESOURCE MATERIALS:

1. Hesson, J.L, (2013). Weight Training for Life, 10<sup>th</sup> 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 students responsibility to contact the receiving institutions to ensure transferability.**

## EVALUATIONS:

<b>Term Assignment #1:</b>	<b>Due: Oct. 18</b>	<b>15%</b>
<b>Practical Demonstrations</b>	<b>Oct. 20, 25</b>	<b>15%</b>
<b>One-Song Workout Circuit</b>	<b>Nov.3</b>	<b>10%</b>
<b>Exercise Logbook</b>	<b>Due: Nov.22</b>	<b>15%</b>
<b>Final Exam (Written)</b>	<b>Exam Week- TBA</b>	<b>25%</b>
<b>Final Exam (Practical)</b>	<b>Nov.24, 29, Dec.1</b>	<b>20%</b>

\*\* 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.**

## COURSE SCHEDULE/TENTATIVE TIMELINE:

PF1980 consists of one 60 minute instructional session and two, 80 minute lab sessions per week.

Lectures	Tuesday	11:30am-12:30pm	Room H211
Lab 1	Tuesday and Thursday	10:00 – 11:20am	Fitness Centre
Lab 2	Tuesday and Thursday	8:30 – 9:50am	Fitness Centre

Date	Lecture	Lab
Sept.1	No lecture	Observe workout form
6	Orientation, PAR-Q+, Safe & Effective Training, (Ch.5)	Chest: Presses
8	No lecture	Chest: Flyes & Body Wt.
13	What, Who & Why. FAQs, (Ch.1,2) Joint Alignment/Common Injuries	Back: Horizontal
15	No lecture	Back: Lateral
20	Program Design-Goal setting (Ch.16)	Legs: Presses
22	No lecture	Legs: All others
27	Program Design (Reps/Sets) Workout Logbooks begin today	Shoulders (Burnout Sets)
29	No lecture	Shlds, Biceps (Eccentrics)
October 4	Program Design- Exercise Order/Balance Discuss Term Assignment #1	Triceps (Compound Setting)
6	No lecture	Teaching Core Stability Progressions: textbook (M121)
11	Women, Older Adults & Youth	Technique Check Workout 1 Assign 10RM
13	No lecture	Core Stability: Video 1 Ball Training UB (M121)
18	Advanced Training (Ch.17) <b>Term Assignment #1 Due</b>	Pre-Fatigue/Single Set System Super Slows (Eccentrics)
20	No lecture	<b>Practical Demonstrations</b>
25	Advanced Training Continued: Split Programs	<b>Practical Demonstrations</b>
27	No lecture	Core Stability: Video 2 Ball Training LB (M121)
November 1	Performance Enhancing Substances	Circuit Training (Wt Rm)
3	No lecture	One Song Workouts
8	Strength Training Methods	Technique Check Workout 2 Pyramids, 1RM
10	<b>Remembrance Day Holiday- no classes</b>	
15	NO CLASS: PEAK STUDENT FOR A DAY, Winners of One Song Workout's "Class Faves" Present	
17	No lecture	Rehabilitation: Shoulder & Knee MSE 10RM Post-Test assigned
22	Muscle Recruitment (Ch.3) <b>Workout Logbooks Due</b>	Designing Home Programs Home Exercises (M121) Elastic Tubing/Isometrics
24	No lecture	Tech Check #3 or Practical Exams (and M121 Review)
29	Review	Practical Exams (and M121 Review Sessions)
December 1	No lecture	Practical Exams (and M121 Review Sessions)

**GRADING CRITERIA:**

<b>GRANDE PRAIRIE REGIONAL COLLEGE</b>			
<b>GRADING CONVERSION CHART</b>			
<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Designation</b>
<b>A<sup>+</sup></b>	<b>4.0</b>	<b>90 – 100</b>	<b>EXCELLENT</b>
<b>A</b>	<b>4.0</b>	<b>85 – 89</b>	
<b>A<sup>-</sup></b>	<b>3.7</b>	<b>80 – 84</b>	<b>FIRST CLASS STANDING</b>
<b>B<sup>+</sup></b>	<b>3.3</b>	<b>77 – 79</b>	
<b>B</b>	<b>3.0</b>	<b>73 – 76</b>	<b>GOOD</b>
<b>B<sup>-</sup></b>	<b>2.7</b>	<b>70 – 72</b>	
<b>C<sup>+</sup></b>	<b>2.3</b>	<b>67 – 69</b>	<b>SATISFACTORY</b>
<b>C</b>	<b>2.0</b>	<b>63 – 66</b>	
<b>C<sup>-</sup></b>	<b>1.7</b>	<b>60 – 62</b>	
<b>F</b>	<b>0.0</b>	<b>0 – 59</b>	<b>FAIL</b>
<b>WF</b>	<b>0.0</b>	<b>0</b>	<b>FAIL, withdrawal after the deadline</b>

**STUDENT RESPONSIBILITIES:**

Refer to the College Policy on Student Rights and Responsibilities at

[www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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