



DEPARTMENT PHYSICAL EDUCATION and KINESIOLOGY

COURSE OUTLINE –WINTER 2016

PF1981 (A3) CARDIOVASCULAR TRAINING – 3(0-0-3) 45 HOURS

INSTRUCTOR: Mr. Chris Nicol **PHONE:** (780) 539-2838 office

OFFICE: K220 **E-MAIL:** cnicol@gprc.ab.ca

OFFICE HOURS: Mon 1:00-2:00pm, appointment or drop in

CALENDAR DESCRIPTION: Acquisitions of theoretical knowledge and personal skills used in the instruction of the basics of cardiovascular training.

PREREQUISITE(S)/COREQUISITE: N/A

REQUIRED TEXT/RESOURCE MATERIALS:

- **Reuter, B. (2012). *Developing endurance*. Champaign, IL: Human Kinetics.**

Supplemental Readings on Moodle

- (1) Clark, M. A., Lucett, S.C., & Sutton, B.G. (2015). Cardiorespiratory training for performance enhancement. In *NASM essentials of sports performance training* (pp. 167-186). Burlington, MA: Jones & Bartlett Learning.
- (2) Reuter, B.H., & Hagerman, P.S. (2008). Aerobic Endurance Exercise Training . In Baechle T.R. and Earle R.W. (Eds.) *Essentials of Strength Training and Conditioning* (3rd ed.). (489-503). Champaign, IL: Human Kinetics.
- **Additional Readings as assigned by instructor**

DELIVERY MODE(S):

- Theoretical Exploration of Cardiovascular Training Methods.
- Skill development and acquisition through active learning and exploration.

COURSE OBJECTIVES:

1. To provide a definition of cardiovascular/ aerobic exercise
2. To identify the benefits of regular exercise
3. To explain cardiovascular/ aerobic endurance criterion
4. To identify and utilize methods of monitoring exercise intensity for the purposes of increased competency and comfort.
5. To examine the different methods of training and evaluating cardiovascular fitness
6. To calculate target heart rate zones using a variety of formulae
7. To identify training methods for cardiovascular/ aerobic conditioning
8. To participate in daily fitness exercises (running, cycling, cross-training, etc.)

LEARNING OUTCOMES:

1. The student will become more proficient in cardiovascular training methods.
2. The student will increase physical competency in participating in various cardiovascular training modalities.
3. The student will improve ability to critically analyze and amend cardiovascular training programs.
4. The student will acquire greater breadth of knowledge regarding principle of periodization for applied to cardiovascular training.
5. The student will gain greater competency for the use of physiological measures (i.e., heart rate training) and cardiovascular equipment (i.e., treadmill).

TRANSFERABILITY:

EVALUATIONS:

60% COURSEWORK and ASSIGNMENTS

- 15 Training Program Design
- 10 Endurance Event Exploration
- 5 Peer Teaching
- 10 Activity Completion and Test Results
- 10 Logbook
- 10 Assignments and Readings

10% MIDTERM EXAM

30% FINAL EXAM

GRADING CRITERIA:

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		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Wk	Dates	Topics	Activities	Readings
1	7-Jan	CV Training Introduction		
2	J 12,14	CV Intensities, CV Physiology,	Cardio Circuit, Beep Test	Ch1
3	J 19,21	Periodization,	Spin, Outdoor Run	Ch2
4	J 26,28	Outdoor Activites	Snowshoe	Ch3
5	Feb 2,4	Goal Setting, Aquatics	Swimming, Aquasize	Ch4
6	F 9,11	Training Principles	Outdoor Activities	Ch5
	<i>F1 16,18</i>	Winter Break		
7	F 23,25	Training Types, Performance Improvement,	Cardio Circuit, MIDTERM	
8	Mar 1,3	Student Led CV Training Sessions	TBA	Ch6
9	M 8,10	Student Led CV Training Sessions	TBA	Ch7
10	M 15,17	Student Led CV Training Sessions	TBA, Beep Test	Sup1
11	M 22,24	Student Led CV Training Sessions	TBA	Sup2
12	M 29,31	Student Led CV Training Sessions	TBA	
13	Apr 5,7	Student Led CV Training Sessions	TBA, Beep Test	
14	A12	Course Conclusion	TBA	

STUDENT RESPONSIBILITIES:

Regular attendance and participation is expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Notify the instructor of any allergies or medical conditions. Dress in appropriate clothing and footwear for all activity sessions.

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 <http://www.gprc.ab.ca/about/administration/policies/>

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

Additional Information:

- 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 training 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.
- Please note that several activity classes will take place off-campus. Students will be expected to provide their own transportation and meet at the off-campus location at the specified time.