



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2013

PF 1981-A3 CARDIOVASCULAR TRAINING – 1.5(1.5-0-0) 45 HOURS

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

OFFICE HOURS: Tuesday and Thursday 10:00am - Noon

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.

Monday & Wednesday 10:00-11:20 am -Weight Room and J204

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:**GRADING CRITERIA:**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	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 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/**

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

Tentative Class Schedule:

Week 1: Jan 7 & 9, 2013	<ul style="list-style-type: none"> • <i>CV Training Introduction</i> • <i>Discovering Intensities –Heart Rate Monitors</i>
Week 2: Jan 14 & 16, 2013	<ul style="list-style-type: none"> • <i>Review Heart Rate Monitors - Wt Room Orientation</i> • <i>Beep Test and Step Test – Determining our Baseline - VO2 Calculations</i>
Week 3: Jan 21 & 23, 2013	<ul style="list-style-type: none"> • <i>Warm –up – Run Outdoor 35 min @ 60-65%-</i> • <i>Base Training - Run Outdoor 40 min @ 65-70%</i>
Week 4: Jan 28 & 30, 2013	<ul style="list-style-type: none"> • <i>Quiz #1 - Goal Setting and Motivating – 30 min @ 70%- GS Assignment</i> • <i>Recovery, Stretching and Cool down</i> • <i>LSD 45 min(In or Out)</i>
Week 5: Feb 4 & 6, 2013	<ul style="list-style-type: none"> • <i>Principles - Anaerobic Threshold – 75% 10 min increase to - 85%for 15min</i> • <i>Outdoor Skating</i>
Week 6: Feb 11 & 13, 2013	<ul style="list-style-type: none"> • <i>Spin Class</i> • <i>Spin Class</i>
Feb 18-22, 2013	<ul style="list-style-type: none"> • <i>Reading Break</i>
Week 7: Feb 25 & 27, 13	<ul style="list-style-type: none"> • <i>Types of Training - Improving Performance – Outdoor Running</i> • <i>Quiz #2 - Foam Roller Massage Post Exercise – Interval Training Short</i>
Week 8: Mar 4 & 6, 2013	<ul style="list-style-type: none"> • <i>HIIT Training – Interval Training Long</i> • <i>Circuit Training in Gymnasium</i>
Week 9: Mar 11 & 13, 2013	<ul style="list-style-type: none"> • <i>Snowshoeing</i> • <i>Wt Management</i>
Week 10: Mar 18 & 20, 2013	<ul style="list-style-type: none"> • <i>Nordic Walking</i> • <i>Indoor Cardio Games</i>
Week 11: Mar 25 & 27, 2013	<ul style="list-style-type: none"> • <i>Injury Prevention – Outside Training</i> • <i>Quiz #3 – Outside Training</i>
Week 12: Apr 1 & 3, 2013	<ul style="list-style-type: none"> • <i>Class presentations – Resting HR Assignment #2</i>
Week 13: Apr 8 & 10, 2013	<ul style="list-style-type: none"> • <i>Class Presentations</i> • <i>Final Beep Test and Step Test</i>
Week 14 April 15, 2013	<ul style="list-style-type: none"> • <i>Final Exam</i>