



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2021

PF 2980 A2: Advanced Training Methodologies - 3 (3-0-0) 45 HOURS FOR 15 WEEKS

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.

INSTRUCTOR: James Phillips **PHONE:** (780) 539-2053
OFFICE: K216 **E-MAIL:** Jphillips@gprc.ab.ca
OFFICE HOURS: By zoom appointment

CALENDAR DESCRIPTION: An examination of resistance training and supplementary strength and conditioning methodologies for general conditioning and sport specific conditioning. Emphasis on various assessment, strength training techniques, exercise mechanics, program designs and implementations as they relate to specific activities or sports. Supplementary topics will include periodization of training, plyometrics, functional training, core training and Olympic lifting.

PREREQUISITE: PF 1980 (minimum C- required)

REQUIRED TEXT/RESOURCE MATERIALS:

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, assignments and in-class exercises.

COURSE OBJECTIVES:

1. To identify and demonstrate advanced strength training techniques and integrated strength training theory.
2. To describe and implement various sport performance testing and assessments in order to prescribe and design training programs.
3. To outline and apply advanced program design for strength training (periodization).
4. To participate and practice safe and effective performance of various strength training techniques.

- To describe and practice alternative/supplementary strength training techniques, theory and application.

LEARNING OUTCOMES:

- Students will be able apply key strength training principles to improve training and prevent injury in the contexts of sport or human movement environments for the client.
- Students will determine the significance of sport performance testing and assessment procedures to facilitate sound training program development for the client.
- Students will demonstrate the various components of integrated training to facilitate complete training development for the client with respect to improve performance, prevent injury and facilitate recovery.
- Students will be able to construct and implement periodized strength training programs to facilitate improved performance specific to sport and human movement skills.
- Students will be able to determine faults in observed training techniques based on mechanical principles and safety guidelines.
- Students will be able to identify and modify a variety of strength training techniques to facilitate training needs of the client.

TRANSFERABILITY:

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. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Periodization Program <u>25%</u> Develop a personal 4-month periodization plan for a prospective client. See assignment sheet for details.	December 8, 2020
Assignments (WOW) <u>15%</u> There will be 3 small assignments throughout the semester that will challenge the students knowledge as it relates to learning outcomes.	See course schedule
Midterms <u>15% each (30% total)</u> The first Exam will cover content covered from the start of class up to the lecture prior to the first Exam. The second Exam will cover content from the first Exam up to the lecture prior to the second Midterm.	Oct 6 th Nov 18th
Final Exam <u>30%</u> The final exam will cover all material presented in the course.	See schedule below

* 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.

GRADING CRITERIA:

Please note that a grade of C- is required to pass PF2980, and 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 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	00-59
B	3.0	73-76			
B-	2.7	70-72			

COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesday & Thursday 2:30-3:50 Classes highlighted in red are mandatory in-person days

Date	Topic	Due Date
Week 1 Sept 1-3	Thursday: Course introduction, expectations, using and managing technologies	
Week 2 Sept. 6-10	Tue: Training Principles Thurs: Warm-Up & Cooldown	
Week 3 Sept 13-17	Tues: Knee Flexion/Quadricep Exercise Analysis Thursday: Hip & Knee Flexion/Hamstring Analysis	
Week 4 Sept 20-24	Tues: Bench Press/ Pectoralis Analysis Thurs: Pulling Exercises/ Latissimus Dorsi Analysis	Assignment #1
Week 5 Sept 27-Oct 1	Tues: Arm Exercises/ Bicep & Tricep Analysis Thurs: Core, Calves Analysis	
Week 6 Oct 4-8	Tues: Programming Considerations for Hypertrophy Thurs: Midterm #1	Midterm #1 Oct 6
Week 7 Oct 11-15	No Class – Fall Break No Class – Fall Break	
Week 8 Oct 18-22	Tues: Programming Considerations for Strength Thurs: Athletic Testing & Assessment	

Week 9 Oct 25-29	Tues: Olympic Lifting – Snatch Day 1 Thurs: Olympic Lifting – Snatch Day 2	
Week 10 Nov 1-5	Tues: Olympic Lifting – Clean & Jerk Day 1 Thurs: Olympic Lifting – Clean & Jerk Day 2	
Week 11 Nov 8-12	Tuesday: Plyometrics Thursday: Agility & Change of Direction	Assignment #2
Week 12 Nov 15-19	Tuesday: Energy System Development Thurs: Programming Considerations for Athletics	Midterm #2 Nov 18
Week 13 Nov 22-26	Tues: Advanced Periodization Thursday: Advanced Periodization	
Week 14 Nov 29-Dec 3	Tues: Creating your programming style Thursday: Open Class – Concept to be discussed	Assignment #3
Week 15 Dec 6-10	Review	Periodization Program Dec 8

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- **All assignments must be submitted in typed format adhering to ALL APA format requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**
- **Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**
- **Students who choose to make attendance intermittent may be excused from the final evaluation processes following three (3) unexcused absences. Students should make it a priority to communicate times and reasons they may not be able to attend BEFORE the absence.**

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.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.