



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

COURSE OUTLINE – Fall 2014

PF 2980 Advanced Training Methodologies – 3.0 (1-0-2) 45 HOURS

INSTRUCTOR: Ron Thomson **PHONE:** 780-539-2901

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OFFICE HOURS: Monday 12:00-4:00pm and Wednesday 2:30-4:00pm

PREREQUISITE(S)/COREQUISITE: PF 1980

REQUIRED TEXT/RESOURCE MATERIALS:

Clark, Micheal A. and Lucett, Scott C. (2010). NASM Essentials of Sport Performance Training. 1st ed. USA: Lippincott Williams and Wilkins.

CALENDAR DESCRIPTION : An examination of resistance training and supplementary strength and conditioning methodologies for general conditioning and sport specific conditioning. Emphasis on various 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.

CONTACT HOURS : Tuesday and Thursday 10:00am – 11:20am. PF 2980 consists of two, eighty minute sessions.

CLASSES: J227 - Mix between classroom, M121 - fitness studio, gymnasium and weight room.

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

OBJECTIVES:

1. To increase knowledge of advanced strength training/integrated strength training theory and application.
2. To develop knowledge and understanding of advanced program design for strength training (periodization).
3. To acquire the necessary skills to safely and effectively perform various strength training techniques.
4. To gain an understanding of designing and applying strength training techniques to activity or sport.
5. To experience advanced strength training techniques and programs.
6. To increase knowledge of alternative/supplementary strength training techniques, theory and application.

GRADING CRITERIA:

- **Mid Term Exam 15%**
- **Sport/Activity Periodized Training Program 25%** Design a training program for a selected subject. See assignment sheet for details.
- **In Class Assignments/Quizzes 30%**
 - Quiz #1 5%
 - Quiz #2 5%
 - Quiz #3 5%
 - In Class Assignments 15%

Students 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. Student Attendance is critical for success in this class. Students missing more than three unexcused classes will receive a warning and any further absences will result in the student being asked to withdraw or being refused to write the final exam.

*Missed deadlines on assignments will result in a 10% penalty per day for that assignment. Assignments are due in class on the deadline date.

- **Final Exam 30%** The final written exam will cover all material presented throughout the course.

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

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

STUDENT RESPONSIBILITIES: All assignments must be word-processed. It is particularly important to save a copy of any written work to be handed in for credit or grading. Students will follow APA Formatting Style.

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.

- Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

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/**

COURSE SCHEDULE/TENTATIVE TIMELINE Fall 2014:

Tuesday and Thursday 10:00-11:20am. This is a tentative document that may change as the course progresses. It is the students responsibility to be aware of any changes. Changes will be announced in class or via Moodle.

Week 1: Sept 4, 2013	<ul style="list-style-type: none"> • Course introduction. Philosophy and direction of course. Course Outline. Advanced Training Discussion. 	<ul style="list-style-type: none"> • Class
Week 2: Sept 9 & 11, 2013	<ul style="list-style-type: none"> • Chapter 1 – Essentials of Integrated Training. Application for FITL. • Chapter 2 – Human Movement Science 	<ul style="list-style-type: none"> • Class • Class
Week 3: Sept 16 & 18, 2013	<ul style="list-style-type: none"> • Chapter 2 – Human Movement Science • Chapter 3 –Sport Performance Testing and Assessment 	<ul style="list-style-type: none"> • Class • Class
Week 4: Sept 23 & 25, 2013	<ul style="list-style-type: none"> • Chapter 3 –Sport Performance Testing and Assessment – Quiz #1 • Chapter 4 – Flexibility Training for Performance Enhancement 	<ul style="list-style-type: none"> • M121 • Class
Week 5: Sept 30 & Oct 2	<ul style="list-style-type: none"> • Chapter 4 – Flexibility Training for Performance Enhancement • Chapter 6 - Core Training Concepts for Performance Enhancement 	<ul style="list-style-type: none"> • M121 • Class
Week 6: Oct 7 & 9, 2013	<ul style="list-style-type: none"> • Chapter 6 - Core Training Concepts for Performance Enhancement • Mid Term Exam 	<ul style="list-style-type: none"> • Wt Room • Class
Week 7: Oct 14 & 16, 2013	<ul style="list-style-type: none"> • Chapter 12 Periodization • Chapter 7 – Balance Training for Performance Enhancement 	<ul style="list-style-type: none"> • Class • Class
Week 8:	<ul style="list-style-type: none"> • Chapter 7 – Balance Training for Performance Enhancement 	<ul style="list-style-type: none"> • M121

Oct 21 & 23, 2013	<ul style="list-style-type: none"> Chapter 8 -Plyometric Training <i>for Performance Enhancement</i> 	<ul style="list-style-type: none"> Class
Week 9: Oct 28 & 30, 2013	<ul style="list-style-type: none"> Chapter 8 -Plyometric Training <i>for Performance Enhancement</i> - Quiz #2 Chapter 9 - Speed , Agility and Quickness Training <i>for Performance Enhancement</i> 	<ul style="list-style-type: none"> Gym Gym
Week 10: Nov 4 & 6, 2013	<ul style="list-style-type: none"> Ch 10 – Integrated Resistance Training <i>for Performance Enhancement</i> Ch 10 – Integrated Resistance Training <i>for Performance Enhancement</i> 	<ul style="list-style-type: none"> Wt Room Wt Room
Week 11: Nov 13, 2013	<ul style="list-style-type: none"> Chapter 11 – Olympic Lifting <i>for Performance Enhancement</i> Chapter 11 – Olympic Lifting <i>for Performance Enhancement</i> 	<ul style="list-style-type: none"> Class Wt Room
Week 12: Nov 18 & 20, 2013	<ul style="list-style-type: none"> Chapter 11 – Olympic Lifting <i>for Performance Enhancement</i> - Quiz #3 Sport Specific Training Programs 	<ul style="list-style-type: none"> Wt Room Class
Week 13: Nov 25 & 27, 2013	<ul style="list-style-type: none"> Sport Specific Training Programs Kettle Bell Training 	<ul style="list-style-type: none"> Gym/WR Gym/WR
Week 14 Dec 2 & 4, 2013	<ul style="list-style-type: none"> Tabata Training / Muscle Mix Suspension Training 	<ul style="list-style-type: none"> M121 Gym
Week 15 Dec 8, 2013	<ul style="list-style-type: none"> Final Project Due - Review 	<ul style="list-style-type: none"> Class