



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2015

PF 2980 Advanced Training Methodologies - 3 (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

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

PREREQUISITE(S)/COREQUISITE: PF 1980

REQUIRED TEXT/RESOURCE MATERIALS: Clark, Micheal A., Lucett, Scott C., and Sutton, Brian G. (2015). NASM Essentials of Sport Performance Training. 1st ed revised. USA: Jones and Bartlett Learning.

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.

COURSE OBJECTIVES:

1. To increase knowledge of advanced strength training and integrated strength training theory and application.
2. To increase knowledge of various sport performance testing and assessments in order to prescribe and design training programs.

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

LEARNING OUTCOMES:

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

COURSE SCHEDULE/TENTATIVE TIMELINE 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.

Location: E311 - Mix between classroom, M121 - fitness studio, gymnasium and weight room.

Week 1: Sept 3	<ul style="list-style-type: none"> • <i>Course introduction. Philosophy and direction of course. Course Outline. Advanced Training Discussion.</i> 	<ul style="list-style-type: none"> • <i>Class</i>
Week 2: Sept 8 & 10	<ul style="list-style-type: none"> • <i>Chapter 1 – Essentials of Integrated Training. Application for FITL.</i> • <i>Chapter 2 – Human Movement Science</i> 	<ul style="list-style-type: none"> • <i>Class</i> • <i>Class</i>
Week 3: Sept 15 & 17	<ul style="list-style-type: none"> • <i>Chapter 3 –Sport Performance Testing and Assessment</i> • <i>Chapter 3 –Sport Performance Testing and Assessment</i> 	<ul style="list-style-type: none"> • <i>Class</i> • <i>M121</i>

Week 4: Sept 22 & 24	<ul style="list-style-type: none"> • Chapter 4 – Flexibility Training for Performance Enhancement • Chapter 4 – Flexibility Training for Performance Enhancement 	<ul style="list-style-type: none"> • Class • M121
Week 5: Sept 29 & Oct 1	<ul style="list-style-type: none"> • Test #1 (Chpt 1 thru 4) - Chapter 6 - Core Training Concepts for Performance Enhancement • Chapter 6 - Core Training Concepts for Performance Enhancement 	<ul style="list-style-type: none"> • Class • M121/Wt Room
Week 6: Oct 6 & 8	<ul style="list-style-type: none"> • Chapter 7 – Balance Training for Performance Enhancement • Chapter 7 – Balance Training for Performance Enhancement 	<ul style="list-style-type: none"> • Class • Wt Room
Week 7: Oct 13 & 15	<ul style="list-style-type: none"> • Chapter 12 Periodization • 	<ul style="list-style-type: none"> • Class • Class
Week 8: Oct 20 & 22	<ul style="list-style-type: none"> • Chapter 8 -Plyometric Training for Performance Enhancement • Chapter 8 -Plyometric Training for Performance Enhancement 	<ul style="list-style-type: none"> • Class • M121/Gym
Week 9: Oct 27 & 29	<ul style="list-style-type: none"> • Test #2(Chpt 6,7,8,12) - Chapter 9 - Speed , Agility and Quickness Training • Chapter 9 - Speed , Agility and Quickness Training 	<ul style="list-style-type: none"> • Class/Gym • Gym
Week 10: Nov 3 & 5	<ul style="list-style-type: none"> • Ch 10 – Integrated Resistance Training for Performance Enhancement • Ch 10 – Integrated Resistance Training for Performance Enhancement 	<ul style="list-style-type: none"> • Class/Wt Room • Wt Room
Week 11: Nov 10	<ul style="list-style-type: none"> • Chapter 11 – Olympic Lifting for Performance Enhancement • No Class on the 12th 	<ul style="list-style-type: none"> • Class • Wt Room
Week 12: Nov 17 & 19	<ul style="list-style-type: none"> • Chapter 11 – Olympic Lifting for Performance Enhancement • Chapter 11 – Olympic Lifting for Performance Enhancement 	<ul style="list-style-type: none"> • Wt Room • Class
Week 13: Nov 24 & 26	<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 1 & 3	<ul style="list-style-type: none"> • Circuit Training/HITT/Tabata Training / Muscle Mix • Suspension Training 	<ul style="list-style-type: none"> • M121 • Gym
Week 15 Dec 8	<ul style="list-style-type: none"> • Final Project Due - Review • Final Exam in Exam Week TBA 	<ul style="list-style-type: none"> • Class

EVALUATIONS:

- **Sport/Activity Periodized Training Program 25%**

Design a training program for a selected subject. See assignment sheet.

ASDC Mentorship Program (4 Students).

- **In Class Assignments/Tests **45%****

- Test #1 15%

- Test #2 15%

- In Class Assignments 15%

- In class assignments kept in a Self-Reflection Log Book

- Self-Reflection Log book activities as assigned

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.

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

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at
www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy at
www.gprc.ab.ca/d/STUDENTMISCONDUCT

**Note: all Academic and Administrative policies are available at
www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER (If applicable):

**** 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.**

Please refer to the Alberta Transfer guide for current transfer agreements:
www.transferralberta.ca