



DEPARTMENT PHYSICAL EDUCATION and KINESIOLOGY

COURSE OUTLINE – FALL 2017

PA1981 (A2) Introduction to the Basics of Cardiovascular Training

3(0-0-3) 45 HOURS

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

OFFICE: K219 **E-MAIL:** cnicol@gprc.ab.ca

OFFICE HOURS: Mon, Tues, Wed 1:300-2:30pm, appointment or drop in

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

PREREQUISITE(S)/COREQUISITE: none

REQUIRED TEXT/RESOURCE MATERIALS:

- **Reuter, B. (2012). *Developing endurance*. Champaign, IL: Human Kinetics.**
- Additional Readings and Resources as assigned by instructor

DELIVERY MODE(S):

- Lecture, small group discussion, and active participation
- 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: UA,UC, UL, AU, AF

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:

COURSEWORK

- | | |
|----|--------------------------------------|
| 10 | Training Program Design |
| 20 | Assignments and Student Led Activity |
| 10 | Testing Results |
| 20 | Logbook and Activity Completion |
| 10 | Quiz |

30% FINAL EXAM

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that 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	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:

M	TOPIC	Fr	TOPIC
		S1	Introduction to course
S4	LABOUR DAY	S8	BEEP TEST #1
S11	L1 and Cardio Activity	S15	Mtn Bike Activity @ <i>Nordic Trails</i>
S18	Mtn Bike Activity @ <i>Nordic Trails</i>	S22	Trail Run @ <i>Nordic Trails</i>
S25	L2 and Activity	S29	L3 and Activity
O2	L4 and Activity	O6	L5 and BEEP TEST #2
O9	THANKSGIVING	O13	L6 and Activity
O16	L7 and Activity	O20	L8 and Activity
O23	L9 and Activity	O27	Spin Class
O30	Aquatics 1	N3	BEEP TEST #3 and QUIZ
N6	Aquatics 2	N10	FALL BREAK
N13	FALL BREAK	N17	Student Led Activity
N20	Student Led Activity	N24	Student Led Activity
N27	Student Led Activity	D1	Student Led Activity
D4	BEEP TEST FINAL	D8	No Classes
*Note: Schedule changes or adjustments are possible *L= Lecture			
FINAL EXAMS Dec 9 to Dec 19, 2017			

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 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.
- 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.