

SEP 07 2000

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology
PA 1981 Cardiovascular Training
Fall 2000

1.0 Course description:

This course will provide students with an opportunity to improve their levels of cardiovascular fitness through a variety of training methods. Theory will be combined with activity so students will have an information base with which they will be able to develop personalized training programs. Students will be expected to train both during and outside the normally scheduled class time.

Main concept: In PA 1981, Cardiovascular Training

The focus is to improve each individual's cardiovascular base by using a variety of self paced aerobic activities. A foundation of this course is to develop a personal value for cardiovascular fitness and to develop a positive attitude for including regular aerobic fitness into daily life. The impact of this course could last a life time.

Approach each class with enthusiasm for your own cardiovascular fitness and support other students in their development.

2.0 Learning Objectives:

- 2.1 To use a variety of cardiovascular training methods to develop aerobic fitness.
- 2.2 To show strong personal value and enjoyment for regular cardiovascular activity.
- 2.3 To demonstrate a personal responsibility for the improvement of cardiovascular fitness.
- 2.4 To design a cardiovascular training program which incorporates the theoretical principles of cardiovascular fitness.
- 2.5 To use cardiovascular fitness tests.

3.0 Class schedule

Monday, Wednesday, Friday, 8:30-9:20 AM.(meet in the gym.)

4.0 Instructor: Dave Kay, office K215, phone:539-2034, email: kay@gprc.ab.ca

5.0 University Transfer:

PEAT 228, University of Calgary, 1.5

PAC 1XX, University of Alberta, 1.5

6.0 Required Text:

Getchell, B and A.E.Mikesky and K.N.Mikesky (1998) Physical Fitness A Way of Life Needham Heights, Mass, Allyn & Bacon

Reference titles:

Rosata, Frank (2000) Jogging and Walking for Health and Fitness. 4th, Englewood, Colorado: Morton Pub.Co.

Stanton, J. (1999) Running Start to Finish, Edmonton, Alberta: Lone Pine

7.0 Student Evaluation:

7.1 Personal training diary

30 %

While you are enrolled in PA 1981 keep track of all your cardiovascular training sessions in your training diary. Hand in your training diary on dec. 4, 2000.

7.2 Project: Design an eight week cardiovascular program.

30 % (due, _____)

7.3 Final Examination

35 %

7.4 Developing a responsibility/value for cardiovascular health

5 %

* evaluation based on the modified seven levels of responsibility developed by Hellison, D. (1995) Teaching Responsibility Through Physical Activity, Champaign, IL, Human Kinetics, Pub.

8.0 Attendance:

A significant portion of this course comes from regular attendance in the course. The Department of Physical Education, Athletics and Kinesiology allows a maximum of three missed classes in an activity course. Any student with three or more missed classes may be barred from writing the final examination in this course.

9.0 Readings:

Getchell, B., A.E. Mikesky, K.N. Mikesky, Physical Fitness: A Way of Life

* a short quiz based on the assigned readings will be given on these days

Chapter 1, Sept. 15

Chapter 2, Sept. 22

Chapter 3, Sept. 29

Chapter 4, Oct. 6

Chapter 5, Oct. 20

Chapter 6, Oct. 27

Chapter 8, Nov. 3

Chapter 9, Nov. 10

Chapter 11, Nov. 17

Chapter 12, Nov. 24

Chapter 13, Dec. 1

PA 1980, Schedule Fall 2000

Dates	Topics	Activities	Reading
Sept. 6,8	Course expectations, course outline, warm up	walk-run, 20 meter shuttle run test	
Sept. 11,13,15	Benefits of exercise, definitions of fitness, components of fitness	cycle	Getchell Chp.1
Sept. 18, 20,22	Barriers to regular exercise, self motivation, goal setting	cycle or roller blade	Getchell Chp.2
Sept. 25,27,29	Testing for cardiovascular fitness	walk-run, 1.5 mile run	Getchell Chp.3
Oct. 2,4,6	Four principles of exercise	walk-run	Getchell Chp.4
Oct.11,13		cycle or run or roller blade	
Oct. 16,18,20	Developing cardiovascular endurance: FITT	run-walk	Getchell Chp.5
Oct. 23,25,27	Endurance Activities	stretching, cardio equip.	Getchell Chp.6
Oct. 30, Nov. 1,3	Flexibility	stretching, cardio equip.	Getchell Chp.8
Nov. 6,8	Advanced fitness and training	speed, plyometrics	Getchell, Chp. 9
Nov. 13,15,17	Exercise and heart disease	Swimming	Getchell Chp.11
Nov. 20,22,24	Exercise and stress management	aerobic games	Getchell Chp.12
Nov.27,29,Dec.1	Lifetime sport and benefits	XC skiing	Getchell Chp.13

Dec. 4,6,8 Comparing cardiovascular programs

* please hand your training diaries on Dec.4th.

20 m. shuttle run, XC skiing