



## DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

### COURSE OUTLINE – FALL 2020

#### PF1980 A2 – LEADERSHIP IN RESISTANCE TRAINING- 3 (1-0-3) 60 HOURS 15 WEEKS

**INSTRUCTOR:** Laura Hancharuk      **PHONE:** 780-831-4608 text  
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**OFFICE HOURS:** By appointment

**FALL 2020 DELIVERY:** Mixed Delivery.

This course is delivered remotely with some face-to-face/onsite components at the GPRC Grande Prairie campus.

- For the remote delivery components: students must have a computer with a webcam and reliable internet connection. Technological support is available through helpdesk@gprc.ab.ca.
- For the onsite components: students must supply their own mask and follow GPRC Campus Access Guidelines and Expectations (*insert web link when finalized document is available*). The dates and locations of the onsite components can be found on the Course Calendar.

**CALENDAR DESCRIPTION:**

A course in which students acquire both theoretical and practical knowledge using various forms of resistance training. Emphasis will be placed upon providing the student with leadership skills on resistance training techniques, lifting mechanics, program design and implementation.

**PREREQUISITE(S)/COREQUISITE:** PE2200 Personal Physical Fitness/PE1000 Anatomy

**REQUIRED TEXT/RESOURCE MATERIALS:**

1. Hesson, J.L, (2013). Weight Training for Life, 10<sup>th</sup> ed. Belmont, CA Wadsworth, Cengage Learning

**DELIVERY MODE(S):**

The course work includes zoom lectures, class discussions, demonstrations, and practical lab work.

## **COURSE OBJECTIVES:**

1. To provide a learning environment for the introduction of various lifting and spotting techniques associated with a wide spectrum of resistance training modalities used to enhance general muscular strength, endurance and power for health or sport performances.
2. To expose students to various program design principles for resistance training.
3. To provide a safe learning environment in which students can develop leadership skills in the teaching of various resistance training exercises.
4. To provide the opportunity for students to challenge the provincial AFLCA Resistance Training Specialty exam.

## **LEARNING OUTCOMES:**

1. The student will be able to demonstrate safety protocols; spotting techniques and the correct exercise form for a variety of resistance training exercises.
2. The student will develop a knowledge and understanding of basic program design for resistance training.
3. The student will develop leadership skills in the teaching of various resistance training exercises in a one-on-one training environment.
4. The student will develop practical group demonstration and public speaking skills.
5. The student will experience advanced resistance training techniques and understand how to incorporate them into program design.
6. The student will challenge the AFLCA provincial exam and have the opportunity to become AFLCA certified in Resistance Training.

## **TRANSFERABILITY:**

GMU

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.

**It is the student's responsibility to contact the receiving institutions to ensure transferability.**

## **EVALUATIONS:**

<b>Term Assignment #1:</b>	<b>Due: Oct. 21</b>	<b>10%</b>
<b>Teaching &amp; Leadership Log</b>	<b>Nov. 4</b>	<b>15%</b>
<b>Practical Demonstrations</b>	<b>Nov. 17, 19</b>	<b>15%</b>
<b>Personal Exercise Logbook</b>	<b>Due: Dec.2</b>	<b>15%</b>
<b>Final Exam (Written)</b>	<b>Exam Week- TBA</b>	<b>25%</b>
<b>Final Exam (Practical)</b>	<b>Dec. 3, 8</b>	<b>20%</b>

\*\* 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. Students must attend Zoom classes with their video on for the duration of the class.**

## GRADING CRITERIA:

Please note that a grade of C- is required to pass PF1980. And 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 CONTINUE IN THE PERSONAL TRAINER DIPLOMA OR 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	0-59
B	3.0	73-76			
B-	2.7	70-72			

## COURSE SCHEDULE/TENTATIVE TIMELINE:

PF1980 consists of one 60 minute instructional session and two, 80 minute lab sessions per week.

Lectures	Wednesday	1:00pm-2:20pm	Remote via Zoom
Lab 1	Tuesday and Thursday	10:30 – 11:50am	Fitness Centre
Lab 2	Monday and Wednesday	10:00 – 11:20am	Fitness Centre

Date	Lecture Topic	Lab Topics
September 2	Orientation, GAQ, Safe & Effective Training, (Ch.5)	
September 3	LAB	Observe workout form. How to TEACH an exercise
8	LAB	Chest: Presses
9	What, Who & Why. FAQs, (Ch.1,2) Joint Alignment/Common Injuries	
10	LAB	Chest: Flyes & Body Wt.
15	LAB	Back: Horizontal
16	Program Design-Goal setting (Ch.16)	
17	LAB	Back: Lateral
22	LAB	Legs: Presses
23	Program Design (Reps/Sets) (Ch.16)	
24	LAB	Legs: All others
29	LAB	Shoulders (Burnout Sets)
30	Program Design- Exercise Order/Balance Discuss Term Assignment #1	
October 1	LAB	Shlds, Biceps (Eccentrics)

	<b>Workout Logbooks begin today</b>	
6	LAB	Triceps (Compound Setting)
7	Program Design- Practical Applications	
8	LAB	Teaching Core Stability Progressions: textbook (M121)
Oct 12-16	<b>FALL BREAK: No Classes</b>	
20	LAB	Assign 10RM
21	Advanced Training (Ch.17) <b>Term Assignment #1 Due</b>	
22	LAB	Technique Check Workout 1
27	LAB	Pre-Fatigue/Single Set System/Super Slows-Eccentrics
28	Advanced Training Continued: Split Programs	
29	LAB	Circuit Training (Wt Rm)
November 3	LAB	Core Stability: Video 1 Ball Training LB (M121)
4	Strength Training Methods	<b>Leadership Log Due</b> (Signup for Practical Demos)
5	LAB	Core Stability: Video 2 Ball Training UB (M121)
10	LAB	Pyramids, Technique Check Workout 2
11	<b>Remembrance Day: No Classes</b>	
12	LAB	Designing Home Programs Home Exercises (M121) Elastic Tubing/Isometrics
17	LAB	<b>Practical Demonstrations</b>
18	Muscle Recruitment (Ch.3)	
19	LAB	<b>Practical Demonstrations</b>
24	LAB	1RM and 10RM Post-Test assigned
25	Performance Enhancing Substances <b>Signup Practical Exams</b>	
26	LAB	Technique Check Workout #3
December 1	LAB	TBA
2	Special Populations: Women, Older Adults Special Populations: Youth	<b>Workout Logbooks Due.</b>
3	LAB	<b>Practical Exams</b> (and M121 Review Sessions)
8	LAB	<b>Practical Exams</b>
9	Review	

## **STUDENT RESPONSIBILITIES:**

Refer to the College Policy on Student Rights and Responsibilities at [www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

## **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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

\*\*Note: all Academic and Administrative policies are available on the same page.