

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – Fall 2023

PF 1980 (A2): LEADERSHIP IN RESISTANCE TRAINING- 3 (1.5-0-3) 67.5 HOURS FOR 15 WEEKS

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Laura Hancharuk
OFFICE: K214
OFFICE HOURS: By appointment

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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: None

REQUIRED TEXT/RESOURCE MATERIALS:

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

DELIVERY MODE(S):

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

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 training principles and 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 may challenge the Fitness Alberta provincial exam and have the opportunity to become certified in Group Conditioning through Fitness Alberta.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** 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:

Teaching & Leadership Task 1	Sept.26	7.5%
Teaching & Leadership Task 2	Oct.3	7.5%
Term Assignment #1:	Due: Oct. 24	10%
Practical Demonstrations	Nov. 20, 22	15%
Personal Exercise Logbook	Due: Dec.5	15%
Final Exam (Written)	Exam Week- TBA	25%
Final Exam (Practical)	Dec. 11, 12	20%

*** 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. If attending by Zoom, video must remain on for the duration of the class.**

GRADING CRITERIA:

A grade of C- is the minimum passing grade for PF1980, a grade of C- is required to progress into subsequent courses.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	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

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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

COURSE SCHEDULE:

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

Lectures	Tuesday	8:30am-9:50am	J201
Lab 1	Monday and Wednesday	8:30 – 9:50am	Fitness Centre
Lab 2	Monday and Wednesday	10:00 – 10:50am	Fitness Centre

Full schedule on next page.

TENTATIVE TIMELINE:

Date	Lecture/Lab	Lecture/Lab Topics
Sept.5	Lecture	Orientation, GAQ, Safe & Effective Training, (Ch.5)
Sept.6	Lab	Chest: Presses
Sept.11	Lab	Chest: Flyes & Body Wt.
Sept.12	Lecture	What, Who & Why. FAQs, (Ch.1,2)
Sept.13	Lab	Back: Horizontal
Sept.18	Lab	Back: Lateral
Sept.19	Lecture	How to Teach an Exercise. Teaching & Leadership Task 1 assigned
Sept.20	Lab	Legs: Presses
Sept.25	Lab	Legs: Presses
Sept.26	Lecture	Program Design-Goal setting (Ch.16) Teaching & Leadership Task 1 due
Sept.27	Lab	Legs: All others
Oct.2	Lab	Shoulders (Burnout Sets)
Oct.3	Lecture	Program Design (Reps/Sets) (Ch.16) Teaching & Leadership Task 2 due Personal Exercise Logbooks begin today
Oct.4	Lab	Shlds, Biceps (Eccentrics)
Oct.9	THANKSGIVING DAY: No Classes	
Oct.10	Lecture	Program Design- Exercise Order/Balance Discuss Term Assignment #1
Oct.11	Lab	Triceps (Compound Setting)
Oct.16	Lab (M121)	Teaching Core Stability Progressions: textbook (M121)
Oct.17	Lecture	Program Design- Practical Applications
Oct.18	Lab	Perform 10RM
Oct.23	Lab	Technique Check Workout 1
Oct.24	Lecture	Advanced Training (Ch.17) Term Assignment #1 Due Discuss Core Stability Videos
Oct.25	Lab	Pre-Fatigue/Single Set System/Super Slows-Eccentrics
Oct.30	Lab	Circuit Training (Wt Rm)
Oct.31	Lecture	Advanced Training Continued: Split Programs (Signup for Practical Demos)
Nov.1	Lab (M121)	Core Stability: Video 1 Ball Training LB (M121)
Nov.6	Lab (M121)	Core Stability: Video 2 Ball Training UB (M121)
Nov.7	Lecture	Muscle Recruitment (Ch.3)
Nov.8	Lab	Pyramids, Technique Check Workout 2
Nov.13-17	FALL BREAK: No Classes	
Nov.20	Lab	Practical Demonstrations
Nov.21	Lecture	Strength Training Methods
Nov.22	Lab	Practical Demonstrations
Nov.27	Lab (M121)	Designing Home Programs Home Exercises (M121) Resistance Bands/Isometrics
Nov.28	Lecture	Performance Enhancing Substances
Nov.29	Lab	Perform 1RM and Assign 10RM Post-Test
Dec.4	Lab	Technique Check Workout #3
Dec.5	Lecture	Special Populations: Women, Older, Adults, Youth Personal Exercise Logbooks Due
Dec.6	*NOTE: Lecture	Exam Review & Practical Exam Schedule
Dec.11	Practical Exams (and M121 Review Sessions)	
Dec.12	Practical Exams	