



**DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY.**

**COURSE OUTLINE – FALL 2010**

**PF 1980 Leadership in Resistance Training – 1.5 (1-0-3)**

**INSTRUCTOR:** Laura Hancharuk      **PHONE:** 780-539-2440  
**OFFICE:** K215      **E-MAIL:** lhancharuk@gprc.ab.ca

**OFFICE HOURS:** By appointment

**PREREQUISITE(S)/COREQUISITE:** AFLCA Exercise Theory/PE1000 Anatomy

**REQUIRED TEXT/RESOURCE MATERIALS:**

1. Baechle, T.R, and Earle, R.W. (2004). NSCA's Essentials of Personal Training. Champaign, IL, Human Kinetics.

**RECOMMENDED TEXT**

1. Brooks, D. (2001), Effective Strength Training, Champaign, IL, Human Kinetics.

**CALENDAR DESCRIPTION:**

An introduction to leadership principles in resistance training. Acquisition of theoretical and practical knowledge using various forms of resistance training. Emphasis will be based upon providing the student with leadership skills on resistance training techniques, lifting mechanics, program design and implementation.

**CREDIT/CONTACT HOURS:**

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

|          |                      |                 |                |
|----------|----------------------|-----------------|----------------|
| Lectures | Tuesday              | 11:30am-12:30pm | Room J229      |
| Lab 1    | Tuesday and Thursday | 8:30 – 9:50am   | Fitness Centre |
| Lab 2    | Tuesday and Thursday | 10:00 – 11:20am | Fitness Centre |

**DELIVERY MODE(S):** The course work includes lectures, class discussions, demonstrations, and practical lab work.

**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 develop a knowledge and understanding of basic program design for resistance training.
3. To develop a knowledge base in practical resistance training techniques and their application to special populations.
4. To develop leadership skills in the teaching of various resistance training exercises.
5. To obtain AFLCA Certification by challenging provincial exam. (Exam fee is included in purchase of the course textbook).

**TRANSFERABILITY: UA**

Approved by the University of Alberta for an unspecified physical activity option PAC 1XX (1.5 Credits).

**\*\* 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**

**GRADING CRITERIA / EXAMINATIONS:**

|                                 |                       |            |
|---------------------------------|-----------------------|------------|
| <b>Practical Demonstrations</b> | <b>Oct. 21 and 26</b> | <b>15%</b> |
| <b>Term Assignment:</b>         | <b>Due: Oct. 12</b>   | <b>20%</b> |
| <b>Exercise Logbook</b>         | <b>Due: Nov. 23</b>   | <b>25%</b> |
| <b>Final Exam (Written)</b>     | <b>TBA</b>            | <b>25%</b> |
| <b>Final Exam (Practical)</b>   | <b>Dec. 2 and 7</b>   | <b>15%</b> |

**\*\* All grading criteria and examinations must be completed to receive course credit.**

| GRANDE PRAIRIE REGIONAL COLLEGE |                    |                       |                                     |
|---------------------------------|--------------------|-----------------------|-------------------------------------|
| GRADING CONVERSION CHART        |                    |                       |                                     |
| Alpha Grade                     | 4-point Equivalent | Percentage Guidelines | Designation                         |
| A <sup>+</sup>                  | 4.0                | 90 – 100              | EXCELLENT                           |
| A                               | 4.0                | 85 – 89               |                                     |
| A <sup>-</sup>                  | 3.7                | 80 – 84               | FIRST CLASS STANDING                |
| B <sup>+</sup>                  | 3.3                | 77 – 79               |                                     |
| B                               | 3.0                | 73 – 76               | GOOD                                |
| B <sup>-</sup>                  | 2.7                | 70 – 72               |                                     |
| C <sup>+</sup>                  | 2.3                | 67 – 69               | SATISFACTORY                        |
| C                               | 2.0                | 63 – 66               | MINIMAL PASS                        |
| C <sup>-</sup>                  | 1.7                | 60 – 62               |                                     |
| F                               | 0.0                | 0 – 59                | FAIL                                |
| WF                              | 0.0                | 0                     | FAIL, withdrawal after the deadline |

**STUDENT RESPONSIBILITIES:** All assignments must be word-processed. It is particularly important to save a copy of any written work that is handed in for credit or grading.

**STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:**

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.

- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

### **STATEMENT ON PLAGIARISM AND CHEATING:**

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

**COURSE SCHEDULE/TENTATIVE TIMELINE:** See course schedule document. This is a tentative document that may change as the course progresses. It is the student's responsibility to be aware of any changes. Changes will be announced in class or via Moodle.