



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – FALL 2018**

**PF 2980 Advanced Training Methodologies - 3 (1-0-2) 45 HOURS**

**INSTRUCTOR:** Lorelle Warr    **PHONE:** (780) 539-2978  
**OFFICE:** K116    **E-MAIL:** [lwarr@gprc.ab.ca](mailto:lwarr@gprc.ab.ca)  
**OFFICE HOURS:** By appointment or drop in.

**CALENDAR DESCRIPTION:** An examination of resistance training and supplementary strength and conditioning methodologies for general conditioning and sport specific conditioning. Emphasis on various strength training techniques, exercise mechanics, program designs and implementations as they relate to specific activities or sports. Supplementary topics will include periodization of training, plyometrics, functional training, core training and Olympic lifting.

**PREREQUISITE:** PF 1980 (minimum C- required)

**REQUIRED TEXT/RESOURCE MATERIALS:** None

**DELIVERY MODE(S):** The course work includes lectures, class discussions, group work, assignments and in-class exercises.

**COURSE OBJECTIVES:**

1. To identify and demonstrate advanced strength training techniques and integrated strength training theory.
2. To describe and implement various sport performance testing and assessments in order to prescribe and design training programs.
3. To outline and apply advanced program design for strength training (periodization).
4. To participate and practice safe and effective performance of various strength training techniques.
5. To describe and practice alternative/supplementary strength training techniques, theory and application.

**LEARNING OUTCOMES:**

1. Students will be able apply key strength training principles to improve training and prevent injury in the contexts of sport or human movement environments for the client.
2. Students will determine the significance of sport performance testing and assessment procedures to facilitate sound training program development for the client.

3. Students will demonstrate the various components of integrated training to facilitate complete training development for the client with respect to improve performance, prevent injury and facilitate recovery.
4. Students will be able to construct and implement periodized strength training programs to facilitate improved performance specific to sport and human movement skills.
5. Students will be able to determine faults in observed training techniques based on mechanical principles and safety guidelines.
6. Students will be able to identify and modify a variety of strength training techniques to facilitate training needs of the client.

**TRANSFERABILITY:**

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:**

<b>Periodization Program <u>20%</u></b> Develop a personal 12-month periodization plan for a prospective client. See assignment sheet for details.	
<b>Workout of the Week (WOW) <u>20%</u></b> Plan a one week workout to be displayed in the GPRC Fitness Center. The goal of this assignment is to help you promote yourself as a personal training, display your skills, and practice program design and presentation.	Variable <i>See Schedule on Moodle</i>
<b>Case Study Presentations <u>20%</u></b> In groups, you will complete a case study and create an online PowerPoint Presentation video to share with the class. See assignment sheet for details.	Variable <i>See Schedule on Moodle</i>
<b>Module Quizzes <u>5% each (20% total)</u></b> Online quizzes after each module in the course. These will be completed on your own time, open book/notes are allowed.	See schedule below
<b>Final Exam <u>20%</u></b> The final exam will cover all material presented in the course.	TBD

\* 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.**

**GRADING CRITERIA:**

Please note that a grade of C- is required to pass PF2980, and 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	F	0.0	00-59
B	3.0	73-76			
B-	2.7	70-72			

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

Mondays: 11:30am – 12:50pm Fridays 10:00am – 11:20am

Class: J204

Date	Topic	Due Date
<b>Week 1:</b> Sept 7	<b>Introduction</b> Module 1: Assessment – Functional Movement Screen (J204)	
<b>Week 2:</b> Sept 10 & 14	Functional Movement Screen (Wt. Rm.) Functional Movement Screen (Wt. Rm.)	
<b>Week 3:</b> Sept 17 & 21	Squat Analysis (HPC) Deadlift Analysis (HPC)	
<b>Week 4:</b> Sept 24 & 28	Chest Press Analysis (HPC) Other Movement Analysis (HPC)	
<b>Week 5:</b> Oct 1 & 5	Module 2: Athletic Populations – Assessment (G) Assessment (HPC)	Module 1 Case Study @ 11:59pm (Oct 5 <sup>th</sup> ) Module 1 Quiz @ 11:59pm (Oct 5 <sup>th</sup> )
<b>Week 6:</b> Oct 8 & 12	<i>No Classes – Thanksgiving (Nov 8<sup>th</sup>)</i> Agility/Speed (G)	
<b>Week 7:</b> Oct 15 & 19	Anaerobic Endurance (HPC) Olympic Lifting (HPC)	
<b>Week 8:</b> Oct 22 & 26	Periodization (J204) Periodization (J204)	
<b>Week 9:</b> Oct 29/Nov 2	Module 3: Occupational Training – Assessment (L) Workplace Ergonomics (M121)	Module 2 Case Study @ 11:59pm (Nov 2 <sup>nd</sup> ) Module 2 Quiz @ 11:59pm (Nov 2 <sup>nd</sup> )

<b>Week 10:</b> <b>Nov 5 &amp; 9</b>	Exercise Prescription (J204) Injuries (J204)	
<b>Week 11:</b> <b>Nov 12 &amp; 16</b>	<i>No Classes – Fall Break (Nov 12<sup>th</sup>)</i> Return to Work (J204)	
<b>Week 12:</b> <b>Nov 19 &amp; 23</b>	Module 4: Recreational Athletes – Planning (J204) HIIT/Kettle Bell Training (M121/HPC)	Module 3 Case Study @ 11:59pm (Nov 23 <sup>rd</sup> ) Module 3 Quiz @ 11:59pm (Nov 23 <sup>rd</sup> )
<b>Week 13:</b> <b>Nov 26 &amp; 30</b>	TRX Training (HPC) CrossFit (VO <sub>2</sub> max)	
<b>Week 14:</b> <b>Dec 3 &amp; 7</b>	Parkour (APE) Review	Periodization Program - Moodle (Dec 7 <sup>th</sup> ) Module 4 Quiz @ 11:59pm (Dec 10 <sup>th</sup> )

G = Gym; HPC = High Performance Training Centre; L = Lifemark Health; APE = off campus; VO<sub>2</sub>max = off campus

### 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)

- **All assignments must be submitted in typed format adhering to ALL APA format requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**
- **Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**
- **Students who choose to make attendance intermittent may be excused from the final evaluation processes following three (3) unexcused absences. Students should make it a priority to communicate times and reasons they may not be able to attend BEFORE the absence.**

### 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.

**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.