



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

**COURSE OUTLINE – Fall 2013**

**PF 2980 Advanced Training Methodologies – 3.0 (1-0-2) 45 HOURS**

**INSTRUCTOR:** Ron Thomson                      **PHONE:** 780-539-2901

**OFFICE:** K219                                      **E-MAIL:** rthomson@gprc.ab.ca

**OFFICE HOURS:** Monday 12:00-4:00pm and Wednesday 2:30-4:00pm

**PREREQUISITE(S)/COREQUISITE:** PF 1980

**REQUIRED TEXT/RESOURCE MATERIALS:**

Clark, Micheal A. and Lucett, Scott C. (2010). NASM Essentials of Sport Performance Training. 1<sup>st</sup> ed. USA: Lippincott Williams and Wilkins.

**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.

**CONTACT HOURS :** Tuesday and Thursday 10:00am – 11:20am. PF 2980 consists of two, eighty minute sessions.

**CLASSES:** L229 - Mix between classroom, M121 - fitness studio, gymnasium and weight room.

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

## **OBJECTIVES:**

1. To increase knowledge of advanced strength training/integrated strength training theory and application.
2. To develop knowledge and understanding of advanced program design for strength training (periodization).
3. To acquire the necessary skills to safely and effectively perform various strength training techniques.
4. To gain an understanding of designing and applying strength training techniques to activity or sport.
5. To experience advanced strength training techniques and programs.
6. To increase knowledge of alternative/supplementary strength training techniques, theory and application.

## **TRANSFERABILITY:**

### **GRADING CRITERIA:**

- **Mid Term Exam 20%**
- **Sport/Activity Specific Training Program 25%** Design a training program for a selected subject. See assignment sheet for details.
- **In Class Assignments/Quizzes 25%** Students should be able to illustrate good learning behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the class. Student Attendance is critical for success in this class. Students missing more than three unexcused classes will receive a warning and any further absences will result in the student being asked to withdraw or being refused to write the final exam .  
*\*Missed deadlines on assignments will result in a 10% penalty per day for that assignment. Assignments are due in class on the deadline date.*
- **Final Exam 30%** The final written exam will cover all material presented throughout the course.

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	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

**STUDENT RESPONSIBILITIES:** All assignments must be word-processed. It is particularly important to save a copy of any written work to be 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.

- 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:

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/**)

### COURSE SCHEDULE/TENTATIVE TIMELINE : Tuesday and Thursday 10:00-11:20am.

This is a tentative document that may change as the course progresses. It is the students responsibility to be aware of any changes. Changes will be announced in class or via Moodle.

<b>Week 1:</b> <b>Sept 5, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Course introduction. Philosophy and direction of course. Course Outline. Advanced Training Discussion.</i></li> </ul>	<ul style="list-style-type: none"> <li>• Class</li> </ul>
<b>Week 2:</b> <b>Sept 10 &amp; 12, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Chapter 1 – Essentials of Integrated Training. Application for FITL.</i></li> <li>• <i>Chapter 2 – Human Movement Science</i></li> </ul>	<ul style="list-style-type: none"> <li>• Class</li> </ul>
<b>Week 3:</b> <b>Sept 17 &amp; 19, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Chapter 2 – Human Movement Science</i></li> <li>• <i>Chapter 3 –Sport Performance Testing and Assessment</i></li> </ul>	<ul style="list-style-type: none"> <li>• Class</li> <li>• Gym</li> </ul>
<b>Week 4:</b> <b>Sept 24 &amp; 26, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Chapter 3 –Sport Performance Testing and Assessment</i></li> <li>• <i>Chapter 3 –Sport Performance Testing and Assessment</i></li> </ul>	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Gym</li> </ul>
<b>Week 5:</b> <b>Oct 1 &amp; 3, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Chapter 4 – Flexibility Training for Performance Enhancement</i></li> <li>• <i>Chapter 4 – Flexibility Training for Performance Enhancement</i></li> </ul>	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Gym</li> </ul>
<b>Week 6:</b> <b>Oct 8 &amp; 9, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Chapter 6 - Core Training Concepts for Performance Enhancement</i></li> <li>• <i>Chapter 6 - Core Training Concepts for Performance Enhancement</i></li> </ul>	<ul style="list-style-type: none"> <li>• Class</li> <li>• Wt Room</li> </ul>
<b>Week 7:</b> <b>Oct 15 &amp; 17, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Mid Term Exam</i></li> <li>• <i>Chapter 7 – Balance Training for Performance Enhancement</i></li> </ul>	<ul style="list-style-type: none"> <li>• Class</li> <li>• Class</li> </ul>
<b>Week 8:</b> <b>Oct 22 &amp; 24, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Chapter 7 – Balance Training for Performance Enhancement</i></li> <li>• <i>Chapter 8 -Plyometric Training for Performance Enhancement</i></li> </ul>	<ul style="list-style-type: none"> <li>• Wt Room</li> <li>• Class</li> </ul>

<b>Week 9:</b> <b>Oct 29 &amp; 31, 2013</b>	<ul style="list-style-type: none"> <li>• Chapter 8 -Plyometric Training <i>for Performance Enhancement</i></li> <li>• Chapter 9 - Speed , Agility and Quickness Training <i>for Performance Enhancement</i></li> </ul>	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Gym</li> </ul>
<b>Week 10:</b> <b>Nov 5 &amp; 7, 2013</b>	<ul style="list-style-type: none"> <li>• Ch 10 – Integrated Resistance Training <i>for Performance Enhancement</i></li> <li>• Ch 10 – Integrated Resistance Training <i>for Performance Enhancement</i></li> </ul>	<ul style="list-style-type: none"> <li>• Wt Room</li> <li>• Wt Room</li> </ul>
<b>Week 11:</b> <b>Nov 12 &amp; 14, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Chapter 11 – Olympic Lifting for Performance Enhancement</i></li> <li>• <i>Chapter 11 – Olympic Lifting for Performance Enhancement</i></li> </ul>	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Wt Room</li> </ul>
<b>Week 12:</b> <b>Nov 19 &amp; 21, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Chapter 12 Periodization</i></li> <li>• <i>Sport Specific Training Programs</i></li> </ul>	<ul style="list-style-type: none"> <li>• Class</li> <li>• Class</li> </ul>
<b>Week 13:</b> <b>Nov 26 &amp; 28, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Kettle Bell Training</i></li> <li>• <i>Suspension Training</i></li> </ul>	<ul style="list-style-type: none"> <li>• Gym/M121</li> <li>• Gym/WR</li> </ul>
<b>Week 14</b> <b>Dec 3 &amp; 5, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Tabata Training / Muscle Mix</i></li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Gym</li> </ul>
<b>Week 15</b> <b>Dec 10, 2013</b>	<ul style="list-style-type: none"> <li>• <i>Review</i></li> <li>• <i>Final Project Due</i></li> </ul>	<ul style="list-style-type: none"> <li>• Class</li> </ul>