

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology

PA 1981B3 - Cardiovascular Training

Instructor: Ron Thomson
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Term: Winter 2006
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Class Schedule: Tues & Thurs 2:30-3:50pm
Credit: 1.5 Transfers U of A – PAC 1XX (1.5)
 U of C – PEAT 228/JR PEAT (1.5)
 U of L – PHAC 3605 (1.5)

Recommended Readings:

Wildman R. & Millar B. (2004). Sports and Fitness Nutrition. Toronto, ON. Thomson Wadsworth. Chapter 13 Endurance Training and Exercise.

Alberta Fitness Leadership Certification Association (2000). Fitness Theory Manual.

Method of Instruction:

- Theoretical Exploration of Cardiovascular Training Methods.
- Skill development and acquisition through active learning and exploration.

Course Objectives:

- Give a definition of cardiovascular / aerobic exercise
- Identify the benefits of regular exercise
- Explain cardiovascular / aerobic endurance criterion
- Identify and utilize methods of monitoring exercise intensity
- Examine and understand the different methods of training and evaluating the cardiovascular fitness.
- Calculate target heart rate zones using a variety of formulae
- Identify training methods for cardiovascular / aerobic conditioning
- Competently prescribe a cardiovascular / aerobic endurance program
- Participate in daily fitness exercises (running, cycling, cross-training etc).

Evaluation:

- Journal/Log Book/Cardiovascular Training Program Assignment 60 %
 - A) Articles/ Oral Presentation 15%
 - B) Log Book of Daily Exercise 15%
 - C) Cardiovascular Training Program 30%
- Mid-term examination February 16th 15 %
- Final Exam April 13th 25 %

Participation :

- As this course relies on student participation, it is crucial for all students to regularly attend classes. Students with three absent days or more may be requested to drop PA 1981.

Journal/Log Book/Cardiovascular Training Program (60%) – Due April 11th

A Journal will be used to document all activity engaged in during PA 1981. Firstly, it will include all exercise and activities performed on a daily/weekly basis. Secondly, it will be used to collect 5 articles relating to cardiovascular training. Thirdly, it will be used to develop a Cardiovascular Fitness Training Program for a specific client of your choice.

A) Web Notes/Article Review (10) – Oral Presentation (5)

Students will be expected to review 5 articles. These articles must be copied and included in your Journal. Articles may be from a web page, magazine or journal. Assignment must include:

1. Outline the key purpose/point of the article.
2. Summarize two key points in the article that you found interesting or noteworthy and explain why.
3. Referencing. Where is the article from?

It is expected that you will present to the class a brief (2-4 minute) oral presentation highlighting the key or interesting points included in one of the articles (March).

B) Log Book of Daily Exercises and Testing (15)

You must keep a log of all cardiovascular workouts. Each student will be expected to complete 2, cardiovascular training sessions each week from Jan 16 through April 7th. It is expected students will research the important aspects of a training log and use the guideline below as a minimum.

Date: Eg. Sept 8
Objective : Eg. Aerobic training - base stage.
Exercises : Exercise #1 – Overdistance Training – 40 minute run – approximately 5km
Physical Issues : Low energy, explosive, sore, stiff, or injured
Affective Issues : Bored, pumped, tired, interested, and disinterested.
Self-Assessment : An examination of your objective in relation to your physical and affective issues.

C) Cardiovascular Fitness Training Program (30)

The program outline will be evaluated on your ability to use appropriate cardiovascular fitness principles for a specific client. Please include explanations and rationale for what you are doing. Information to be evaluated in your training program should include but is not limited to:

1. Assessment of needs specific to individual. (5)
2. Objectives, Goals and Principles of the training programs. (5)
3. Exercise types and ordering (5)
4. Time, Frequency and Intensity (5)
5. Progression principles (2)

6. Minimum of two training phases (2)
7. Clarity and Organization (2)
8. References (2)
9. Writing ability (2)

Cardiovascular Training Program. It is expected students will research the important aspects of cardiovascular training and use the guideline above as a minimum. (30)

Note: There is no set guideline for the required length of this assignment. You should include whatever you feel is necessary to accurately report on the planning and implementation of your program. Your submission should also be a reflection of the value this assignment carries within the course evaluation.

Grading Scheme:

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>