Course Outline

UNIVERSITY STUDIES

PAC 144A
Resistance Training

3 CREDITS
3 HOURS PER WEEK

INSTRUCTOR: Clayton Nielsen
Winter, 2014
INSTRUCTOR: Clayton Nielsen

PHONE NUMBER: (780) 791-4813

E-MAIL: clayton.nielsen@keyano.ca

OFFICE NUMBER: S211F

OFFICE HOURS:

Monday 1:00-1:50pm
Tuesday 1:00-1:50pm
Wednesday 11:00-11:50pm
Thursday 10:00-10:50am
Friday 9:00-9:50am

HOURS OF INSTRUCTION:

Monday 8:30-9:50am
Wednesday 8:30-9:50am

COURSE DESCRIPTION:

An introduction to the 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.

COURSE OUTCOMES:

Through a combination of lectures, readings, tests, and laboratory experiences, successful students will be able to:

1. 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. Develop a knowledge and understanding of basic program design for resistance training
3. Develop leadership skills in the teaching of various resistance training exercises
4. Develop and introduce different types/ styles of training and their application in a resistance training program;
5. Teach techniques to fellow students in group and individual presentations.
TEXT(S)/MATERIALS REQUIRED:


Additional resources

EVALUATION:

Practical Demonstrations 25%
Must show understanding of exercises including: technique, spotting and muscle groups trained

Mid-Term Exam 15%
Based on the lectures and class notes.

Term Assignment 15%
Must develop a training program that focuses on specific phase within a training program. Must be able to explain “why” exercises are included into the program.

Exercise Logbook Due 10%
Students are required to work out a minimum of 2 times per week and log their work-outs.

Final Exam 35%
- Written 25%
  Based on class work and lectures Full year
- Practical Instruction 10%
  Students ability to demonstrate good teaching methods. Must instruct one exercise including all points of emphasis and safety procedures for the exercise. The testable exercises will have been taught through-out the course.
TOPICS TO BE COVERED:

Please Note:
This course outline may be modified to facilitate unforeseen time constraints. Tentative timeline to each topic is subject to change.

Class Schedule

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ch. 1</td>
<td>Introduction to Strength Training and Conditioning</td>
</tr>
<tr>
<td>Ch. 2</td>
<td>Biomechanics of Force Production</td>
</tr>
<tr>
<td>Ch. 4</td>
<td>Muscular Adaptations to Training</td>
</tr>
<tr>
<td>Ch. 9</td>
<td>Principles of Strength Training and Conditioning</td>
</tr>
</tbody>
</table>

Part 3

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ch. 10</td>
<td>Warm-up and Flexibility</td>
</tr>
<tr>
<td>Ch. 11</td>
<td>Resistance Training Program Design</td>
</tr>
<tr>
<td>Ch. 12</td>
<td>Resistance Training Equipment and safety</td>
</tr>
<tr>
<td>Ch. 13</td>
<td>Resistance Training Exercises</td>
</tr>
<tr>
<td>Ch. 14</td>
<td>Plyometric Training</td>
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<tr>
<td>Ch. 15</td>
<td>Sprint and Agility Training</td>
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<tr>
<td>Ch. 16</td>
<td>Aerobic Training</td>
</tr>
<tr>
<td>Ch. 17</td>
<td>Training Periodization and Tapering</td>
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You will also be given articles and readings throughout the semester that will be on your tests.

Alterations to the schedule might occur based on holidays, implementation of tests, and assignments.

GRADING SYSTEM:

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Description</th>
<th>Grade Points</th>
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<tbody>
<tr>
<td>A+</td>
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<tr>
<td>A</td>
<td>Excellent</td>
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<tr>
<td>A-</td>
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<td>3.7</td>
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<tr>
<td>D+</td>
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<td>F</td>
<td>Failure</td>
<td>0</td>
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</table>
Students intending to transfer to other institutions require a ‘C-’ as a minimum grade. Transfer information on each course is available at the Alberta Council on Admission and Transfers.

Students who do not complete all the required work should not expect to pass the course.

*Students should consult:*

http://www.keyano.ca/current_students/examinations/index.htm

**IMPORTANT DATES:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 17, 2014</td>
<td>Courses dropped after this date will be designated “W”. (A withdrawal (W) is not reflected in your GPA)</td>
</tr>
<tr>
<td>March 7, 2014</td>
<td>Courses dropped after this date will be designated “WF”. (A withdrawal failure (WF) counts as a 0 in your GPA)</td>
</tr>
<tr>
<td>April 17, 2014</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>April 22-30, 2014</td>
<td>Final Exams</td>
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**MOODLE 7**

Go to [http://ilearn.keyano.ca](http://ilearn.keyano.ca)

This course is supported through Moodle 7. Assignments, readings and handouts will be posted on Moodle 7. Login information will be provided by your instructor. For further instructions please see the Moodle 7 handout.

**Equality, Equity and Respect**

The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

*Students should consult:*

http://www.keyano.ca/Committees/IRA/Individual_Rights_Policy.asp

**Plagiarism and Cheating**

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not
the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.
Course Outline

UNIVERSITY STUDIES

PAC 144
Introduction to Resistance Training
Winter, 2014

3 CREDITS
3 HOURS PER WEEK

Clayton Nielsen, Instructor  Date

Reviewed and approved by:

Vincella Thompson, Chairperson  Date

Guy Harmer, Dean  Date