

F.99

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology
PA 1981 Cardiovascular Training

1.0 Instructor: Dave Kay, office K215, phone:539-2034, email: kay@gprc.ab.ca

2.0 Course description:

This course includes the acquisition of theoretical knowledge to design cardiovascular training programs and experiences with a variety of cardiovascular training methods to improve personal aerobic fitness levels. Students will do a progressive amount of cardiovascular training in the class.

Main concept: In PA 1981, Cardiovascular Training, the focus is to improve each individual's cardiovascular base by using a variety of self paced aerobic activities. Also, part of goal is to develop a personal value for our own cardiovascular fitness and to develop a responsible attitude for including regular aerobic fitness into our daily lives. The impact of this course could last a life time. Approach each class with enthusiasm for your own cardiovascular fitness and support other students in their development.

3.0 Learning Objectives:

- 3.1 To design a cardiovascular training program which incorporates the theoretical principles of cardiovascular fitness research.
- 3.2 To take personal responsibility for the improvement of your cardiovascular fitness.
- 3.3 To use cardiovascular fitness tests.
- 3.4 To use a variety of cardiovascular training methods to develop aerobic fitness.
- 3.5 To value and enjoy cardiovascular activity.

4.0 Class schedule

Monday, Wednesday, Friday, 8:30-9:30 AM.(meet each morning in the weight training room)

5.0 University Transfer:

PEAT 228, University of Calgary, 1.5 (pending transfer approval)

6.0 Required Text:

Getchell, B and A.E.Mikesky and K.N.Mikesky (1998) Physical Fitness A Way of Life
Needham Heights, Mass, Allyn & Bacon

Optional Resources

Stanton, J. (1999) Running Start to Finish. Edmonton, Ab. Lone Pine

7.0 Student Evaluation:

- 7.1 Log book/training diary 25 % (due, Dec. 3)
(personal training diary, and keep all cardiovascular training sessions you did while enrolled in PA 1981)
- 7.2 Project: Design an eight week cardiovascular program. 30 % (due Nov. 19)
- 7.3 Final Examination 30 % (exam week)
- 7.4 Developing a responsibility/value for cardiovascular health 15 %
* evaluation based on the modified seven levels of responsibility developed by Hellison, D. (1995) Teaching Responsibility Through Physical Activity, Champaign, IL: Human Kinetics, Pub.

8.0 Attendance: PA 1981

A significant portion of this course comes with regular attendance in the course. The Department of Physical Education, Athletics and Kinesiology allows a maximum of three missed classes in activity courses. Any student with three or more missed classes may be barred from writing the final examination in this course.

9.0 Training Diary (example only)

work out number, date, place, activity, distance or time, pace, comments



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Dates	Topics	Activities	Reading
Sept. 8,10	Course expectations, course outline, warm up	Walk-run	
Sept. 13,15,17	Benefits of exercise, definitions of fitness, components of fitness	Walk-run, cycle	Getchell Chp.1
Sept. 20,22,24	Barriers to regular exercise, self motivation, goal setting	Walk-run, run-skip, hills	Getchell Chp.2
Sept. 27,29,Oct. 1	Testing for cardiovascular fitness	CSFT, 1.5 mile run	Getchell Chp.3
Oct. 4,6,8	Four principles of exercise 20 m. Shuttle run test, cardiovascular equip.		Getchell Chp.4
Oct. 13,15	Developing cardiovascular endurance; FITT	Aerobic games	Getchell Chp.5
Oct. 18,20,22	Cardiovascular activities, Equipment use	Cardiovascular equipment	Getchell Chp.6
Oct. 25,27,29	Flexibility, FITT, contraindicated stretches	Stretching, cardio equip.	Getchell Chp.8
Nov. 1,3,5	Advanced fitness training	Speed work, interval training	Getchell Chp.9
Nov. 8, 10	Circuit training	Circuit training	
Nov. 15,17,19 * nov. 19	Exercise and heart disease Cardiovascular programs are due!	Swimming	Getchell Chp.11
Nov. 22,24,26	Exercise and stress management	XC skiing	Getchell Chp.12
Nov. 29,Dec. 1,3	Lifetime sport and benefits	Basketball, XC skiing	Getchell Chp.13
Dec. 6,8,10 * please hand your training diaries	Comparing cardiovascular programs 20 m. shuttle run, 1.5 mile run		