

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

Course Outline
PF 1980 A2 (FITL)
Leadership in Resistance Training

Instructor: Laura Hancharuk **Office:** M102 **Phone:** 539-2440
Office hours posted on door.

Course Times: Tues/Thurs 10am-11:20am **Location:** GPRC Weightroom
J227 will be used for lectures

Course Description:

An introduction to leadership 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.

Pre/Corequisites: AFLCA Fitness Theory; PE1000 Anatomy

Course Objectives:

1. To 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. To develop a knowledge and understanding of basic program design for resistance training.
3. To develop a knowledge base in practical resistance training techniques and their application to specific populations.
4. To obtain AFLCA certification by challenging provincial exam. Exam fee of \$21.40 is required- this fee covers exam plus AFLCA Resistance Training Manual.

Lab Fee: This course is subject to a \$15.00 lab fee.

Required Text: Effective Strength Training
Douglas Brooks
Publishers: Human Kinetics, Champaign, Illinois

Recommended Texts: Essentials of Strength and Conditioning
Thomas R. Baechle,
2nd Edition. 2000
Publishers: Human Kinetics, Champaign, Illinois

Attendance:

Attendance and active participation are fundamental requirements to this course. It is the policy of the Department of PEAK that a student missing more than 10% (3 days) for unexcused absences may not be allowed to write the final exam.

Transferability:

Approved by the University of Alberta for an unspecified physical activity option PAC 1XX (1.5 Credits).

Evaluation:

- | | | |
|----|---------------------------------------------------------------------------------------------------------------|------------|
| 1. | Practical Demonstration | 10% |
| | Lead a practical demonstration of lifting and spotting techniques.
To be performed in class October 28-30. | |
| 2. | Exercise/Workout Log | 20% |
| | Due Tuesday Dec. 9/03. Late logbooks will not be accepted. | |
| 3. | Term Assignment #1: Due Oct. 14/03 | 15% |
| | Design an introductory resistance training program. | |
| | Term Assignment #2: Due Dec. 2/03 | 15% |
| | Design a detailed resistance training program. Specifics to be provided at a later date. | |
| | Late assignments will not be accepted. | |
| 4. | Final Examination | |
| | Written | 25% |
| | Practical | <u>15%</u> |
| | | 40% |