

SEP. 10 2002

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

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

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

**Course Times:** Tues/Thurs    10:00 – 11:30 am    **Location:** GPRC Weightroom  
J 202 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 on resistance training techniques, lifting mechanics, program design and implementation.

**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:**    Weight Training for Life  
James L. Hesson  
5<sup>th</sup> Edition, 2000  
Publishers: Morton Publishing Co., Englewood, Colorado

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

AFLCA Resistance Training Manual: Effective Strength Training  
Douglas Brooks  
Alberta Fitness Leadership Certification Association

**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   | 15% |
|    | Lead a practical demonstration of lifting and spotting techniques.<br>To be performed in class October 29 - 31.                         |     |
| 2. | Exercise/Workout Log  | 20% |
|    | Due Thursday Dec. 5/02. <b>Late logbooks will not be accepted.</b>  |     |
| 3. | Term Assignment   | 25% |
|    | Design a detailed resistance training program.<br>Due Thursday November 28/01.<br><b>Late assignments will be deducted 10% per day.</b> |     |
| 4. | Final Examination   |     |
|    | Written   | 25% |
|    | Practical   | 15% |
|    |   | 40% |