

**WESTERN UNIVERSITY**  
**FACULTY of HEALTH SCIENCE**  
**SCHOOL of KINESIOLOGY**  
**Foundations of Training Technique 2961A section 001**

Instructor: Vickie Croley  
Office: Room 2147 Thames Hall  
Lecture Room: M/W/F 2215 WSRC  
Monday, Wednesday – 8:30am-10:20am  
Friday – 8:30am-9:20am

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### **COURSE DESCRIPTION**

The course is a student-centred activity class. It is an introduction to the basic knowledge and techniques essential in designing exercise programs for beginners. Students will be expected to learn and put into practice techniques used to develop muscular strength, muscular endurance, and cardiovascular fitness.

### **COURSE OBJECTIVES**

1. To gain knowledge and understanding of exercises and exercise programs.
2. To engage in a six week training program that will include some of the following physical components: muscular strength, muscular endurance, power, cardiovascular fitness and flexibility.
3. To improve “body awareness” through weight training techniques.
4. To engage in Problem Based Learning (PBL) sessions focused on theoretical information pertinent to exercise and exercise programs.

### **COURSE TEXT**

Foundations of Training Technique Manual (Posted on OWL in Resources)

### **STUDENT EVALUATION**

#### Assessment of Personal Lifestyle & Training Program Design Assignment (5%)

The student will provide a description of yourself and provide goals that you want to accomplish during your training program. The student will design a training program based on these goals as well as incorporating training for the physical components that they want to improve.

**Due Friday October 7, 2016**

#### Training Log Book Assignment (10%)

The student will keep a detailed log of their workouts for the 6-week program.

**Due Friday November 18, 2016**

#### Warm up (5%)

The student will lead the class in a 10 minute continuous warm up marked out of 5%. The following components will be evaluated: Volume and Clarity, Feedback, Ability to Motivate, Includes Whole Body, Variety, and Progression.

#### Training (50%)

Students will be tested pre and post training for muscular endurance, muscular strength, and cardiovascular fitness. The student will determine his/her fitness goals and work with a partner in order to reach those goals. The student will complete each of the following pre-tests; a cardio fitness test (12 minute run), 4 muscular strength tests, 1 flexibility test, 3 power tests and 3 muscular endurance tests. 20% of their mark will be based on their top 6 pre-tests. Students

will then chose 6 tests that they will improve and train for 6 weeks. 30% of their mark will be based on their improvement of these 6 tests.

### Theory Exam (30%)

A multiple choice theory component (30%) based on information provided in class and in the course manual.

## **KIN2961A FOUNDATIONS OF TRAINING TECHNIQUE 2016 COURSE SCHEDULE**

**COURSE CONTENT:** Course content and/or dates may change at the instructors discretion. Students will be made aware of any changes in advance.

### WEEK 1:

Mon. Sept. 12 Theory: Definitions, Objectives, Types of Classes, Training Principles, Program Design, Delivery, Components (pgs. 2-9 in Manual)

Wed. Sept. 14 Theory: Warm-Up, Cool-Down (pg.10-15), Flexibility (16-20), Cardiovascular Training (pg. 21-24)

Fri. Sept. 16 No Class

### WEEK 2:

Mon. Sept. 19 Theory: Muscular Strength & Muscular Endurance - Definitions, Program Design (pg. 25-36)

Wed. Sept. 21 Theory: Periodization – Putting a Complete Program Together (pg. 39-42, Periodization Handout)

Fri. Sept. 23 Theory: Resistance Training- Principles (pg. 37-38)

### WEEK 3:

Mon. Sept. 26 Practical: Pre-Testing- Flexibility, Muscular Strength

Wed. Sept. 28 Practical: Pre-Testing: Muscular Endurance, Power

Fri. Sept 30 Practical: Pre-Testing- Cardiovascular

### WEEK 4:

Mon. Oct. 3 Practical: Warm-Up, Power Training, Cool-Down

Wed. Oct. 5 Practical: Flexibility Training, Cardiovascular Training

Fri. Oct. 7 Practical: Resistance Training: Chest (pg. 57-63) Back (pg. 50-54), Core (pg. 48-49, 51), Shoulders (pg. 77-81) Biceps/Triceps (pg. 55-56, 82-83), Legs (pg. 66-75)

## **Assessment of Personal Lifestyle & Training Program Design Assignment Due**

### WEEK 5:

Mon. Oct. 10 THANKSGIVING- NO CLASS

Wed. Oct. 12 Practical: Personal Training Program

Fri. Oct. 14 Practical: Personal Training Program

### WEEK 6:

Mon. Oct. 17 Practical: Personal Training Program

Wed. Oct. 19 Practical: Personal Training Program

Fri. Oct. 21 Practical: Personal Training Program

WEEK 7:

Mon. Oct. 24 Practical: Personal Training Program  
Wed. Oct. 26 Practical: Personal Training Program  
Fri. Oct. 28 FALL STUDY BREAK NO CLASS

WEEK 8:

Mon. Oct 31 Practical: Personal Training Program  
Wed. Nov. 2 Practical: Personal Training Program  
Fri. Nov. 4 Practical: Personal Training Program

WEEK 9:

Mon. Nov. 7 Practical: Personal Training Program  
Wed. Nov. 9 Practical: Personal Training Program  
Fri. Nov. 11 Practical: Personal Training Program

WEEK 10:

Mon. Nov. 14 Practical: Personal Training Program  
Wed. Nov. 16 Practical: Personal Training Program  
Fri. Nov. 18 Practical: Personal Training Program

**Training Log Book Assignment Due**

WEEK 11:

Mon. Nov. 21 Practical: Post-Testing: Flexibility, Cardiovascular, Muscular Strength - Bench  
Wed. Nov. 23 Practical: Post-Testing: Muscular Endurance Planks, Leg Extension, Leg Curls,  
Leg Press  
Fri. Nov. 25 Exam Review

WEEK 12:

Mon. Nov. 28 Practical: Post-Testing: Power Tests, Push ups  
Wed. Nov 30 **Theory Exam**  
Fri. Dec 2 Testing not previously completed.

## Course/University Policies

- 1. Lateness/Absences:** A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
- 2. Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counseling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counseling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy. See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.
- 3. Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.
- 4. Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf).  
A) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.
5. According to the **Examination Conflict policy**, "A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor." *\*This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.
- 6. Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.
7. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.
8. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

## **STUDENT CODE OF CONDUCT**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

## **ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES**

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

## **SUPPORT SERVICES**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>