

*The* UNIVERSITY of WESTERN ONTARIO  
FACULTY of HEALTH SCIENCE  
SCHOOL of KINESIOLOGY  
KIN 2961B - Foundations of Training Technique

Instructor: Jason Kaszycki

Email: [jkaszycki@uwo.ca](mailto:jkaszycki@uwo.ca)

Lecture Room: Mon, Wed WSRC 2215 (8:30am-10:15am)

Friday Lectures: WSRC WTRM (8:30am – 9:15am)

### **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, power, flexibility 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 WEBCT)

### **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 February 3<sup>rd</sup>**

#### Training Log Book Assignment (5%)

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

**Due Friday March 17<sup>th</sup>**

#### Warm up, Participation (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 (55%)

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. 25% 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 2017 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: January 9<sup>th</sup> – 13<sup>th</sup>**

- Day 1 Theory: Definitions, Objectives, Types of Classes, Training Principles, Program Design, Delivery, Components (2-9)
- Day 2 Theory: Warm-Up, Cool-Down (pg.10-15), Flexibility (16-20), Cardiovascular Training (pg. 21-24)
- Day 3 Weight Room

### **WEEK 2: January 16<sup>th</sup> – 20<sup>th</sup>**

- Day 1 Theory: Muscular Strength & Muscular Endurance - Definitions, Program Design (pg. 25-36)
- Day 2 Theory: Periodization – Putting a Complete Program Together (pg. 39-42, Periodization Handout)
- Day 3 Theory: Resistance Training- Principles (pg. 37-38)

### **WEEK 3: January 23<sup>rd</sup> – 27<sup>th</sup>**

- Day 1 Practical: Pre-Testing- Flexibility, Muscular Strength
- Day 2 Practical: Pre-Testing: Muscular Endurance, Power
- Day 3 Practical: Pre-Testing- Cardiovascular

### **WEEK 4: January 30<sup>th</sup> – February 3<sup>rd</sup>**

- Day 1 Practical: Warm-Up, Cool-Down, Resistance Training: Chest (pg. 57-63) Back (pg. 50-54)
- Day 2 Practical: Flexibility Training, Resistance Training: Legs (pg. 66-75) Cardiovascular Training
- Day 3 Practical: Power Training, Resistance Training Core (pg. 48-49, 51), Shoulders (pg. 77-81) Biceps/Triceps (pg. 55-56, 82-83)

**\*Assessment of Personal Lifestyle & Training Program Design Assignment Due – Friday, February 3<sup>rd</sup>, 2016**

### **WEEK 5: February 6<sup>th</sup> – 10<sup>th</sup>**

- Day 1 Practical: Personal Training Program
- Day 2 Practical: Personal Training Program
- Day 3 Practical: Personal Training Program

### **WEEK 6: February 13<sup>th</sup> – 17<sup>th</sup>**

- Day 1 Practical: Personal Training Program
- Day 2 Practical: Personal Training Program
- Day 3 Practical: Personal Training Program

**WEEK 7: READING WEEK - February 20<sup>th</sup> – 24<sup>th</sup>**

**WEEK 8: February 27<sup>th</sup> – March 3<sup>rd</sup>**

Day 1 Practical: Personal Training Program  
Day 2 Practical: Personal Training Program  
Day 3 Practical: Personal Training Program  
**Log Book Collection (Friday March 3<sup>rd</sup>)**

**WEEK 9: March 6<sup>th</sup> – March 10<sup>th</sup>**

Day 1 Practical: Personal Training Program  
Day 2 Practical: Personal Training Program  
Day 3 Practical: Personal Training Program

**WEEK 10: March 13<sup>th</sup> – 17<sup>th</sup>**

Day 1 Practical: Personal Training Program  
Day 2 Practical: Personal Training Program  
Day 3 Practical: Personal Training Program

**WEEK 11: March 20<sup>th</sup> – 24<sup>th</sup>**

Day 1 Practical: Personal Training Program  
Day 2 Practical: Personal Training Program  
Day 3 Practical: Personal Training Program

**\*Training Log Book Assignment due – Friday, March 24<sup>th</sup>, 2017**

**WEEK 12: March 27<sup>th</sup> – 31<sup>st</sup>**

Day 1 Practical: Post-Testing: Flexibility, Cardiovascular, Muscular Strength - Bench  
Day 2 Practical: Post-Testing: Muscular Endurance Planks, Leg Extension, Leg Curls, Leg Press  
Day 3 Practical: Post-Testing: Power Tests, Push ups

**WEEK 13: April 3<sup>rd</sup> – April 7<sup>th</sup>**

Day 1 Testing not previously completed. Review\*\*\*  
Day 2 Theory Exam – Room TBD  
Day 3 No Class

- Active participation is required in all activity courses therefore 1% will be deducted from a student's final grade for each unexcused absence.
- Our class has the track booked from 8:30am until 9:30am every Wednesday this semester. This will provide you an opportunity to spread out and focus on your cardiovascular conditioning, as well as any other strength/flexibility components to the course. Please let me know if you would like to have more time arranged.