

**The UNIVERSITY of WESTERN ONTARIO**  
**FACULTY of HEALTH SCIENCE**  
**SCHOOL of KINESIOLOGY**  
**Foundations of Training Technique 2961A Section 001**

Instructor: Sarah Langford

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Lecture Room: Thames Hall Gym

Tuesday, Wednesday, Thursday 6:00pm-9:00pm

### **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 provided **on line** and pertinent to exercise and exercise programs.

### **COURSE TEXT**

Foundations of Training Technique Manual (Posted on OWL)

### **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 Tuesday, May 17<sup>th</sup>**

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

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

**Due Tuesday, June 7<sup>th</sup>**

#### Warm up, Participation, Contribution (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. **Plan to be handed in June 9<sup>th</sup>.**

### Training (55%)

Students will be tested (pre and post training) for muscular endurance, muscular strength, flexibility, power 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 choose 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. **The final exam will be during week #6, date and location TBA.**

## **KIN2961A FOUNDATIONS OF TRAINING TECHNIQUE 2012 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:**

Day 1: Practical: Warm-Up, Cool-Down, Flexibility

Discussion: Introduction to Course and Schedule

**Pre-Testing** – Flexibility, Upper Body Power, Muscular Endurance

Day 2:

**Pre-Testing** – Cardiovascular, Lower Body Power, Muscular Strength

Day 3: On Line Theory

Introduction, Warm-Up, Cool-Down, Flexibility (pg. 2-20)

Cardiovascular Training (pg. 21-24), Muscular Strength & Endurance – Definitions (pg. 25-36)

**Completion of Pre-Testing**

### **WEEK 2:**

Day 1: **Training Program Design Due!**

Practical: Resistance Training: Chest (57-63) Back (50-54)

Warm -ups

Day 2:

Practical: Flexibility Training, Resistance Training – Legs (66-75)

Warm-ups

Day 3: On Line Theory

Muscular Strength & Muscular Endurance – Definitions continued, Program Design (pg. 25-36)

Resistance Training- Principles (pg. 37-38)

Resistance Training - Periodization – Putting a Complete Program Together (pg. 26, 34 39-42)

### **WEEK 3:**

Day 1: **HOLIDAY!**

Day 2:

Practical: Power Training, Resistance Training – Core, Shoulders, Biceps/Triceps  
**(Collection of Log Books for Review)**

Warm-ups

Personal Training Program begins!

Day 3: On Line Theory

Power Training, Resistance Training – Core (pg. 48-49, 51) Shoulders (pg. 77-81)  
Biceps/Triceps (pg. 55-56, 82-83)

### **WEEK 4:**

Day 1: Practical Personal Training Program  
Warm-ups

Day 2: Practical: Personal Training Program

Day 3: Practical: Personal Training Program

### **WEEK 5:**

Day 1: Practical: Personal Training Program

Day 2: Practical: Personal Training Program

Day 3: Practical: Personal Training Program

### **WEEK 6:**

Day 1: Practical: **Post-Testing:** Flexibility, Cardio, Muscular Strength – Chest

Day 2: Practical: **Post-Testing:** Muscular Endurance Planks, Leg Extension, Leg Curls, Leg Press

Day 3: Practical: **Post-Testing:** Power Tests, Push-ups

**Final – Theory Exam (Location TBA)**

**Assessment of Personal Lifestyle & Training Program Design Assignment Due**  
**Training Log Book Assignment Due**

Active participation is required in all activity courses therefore 1% will be deducted from a student's final grade for each unexcused absence.