

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

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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:

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

Course/University Policies

1.

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 -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>