

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

Instructor: Jason Kaszycki

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 9th ó 13th

- 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 16th ó 20th

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

WEEK 3: January 23rd ó 27th

- 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 30th ó February 3rd

- 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 3rd, 2016**

WEEK 5: February 6th ó 10th

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

WEEK 6: February 13th ó 17th

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

WEEK 7: READING WEEK - February 20th ó 24th

WEEK 8: February 27th ó March 3rd

Day 1 Practical: Personal Training Program
Day 2 Practical: Personal Training Program
Day 3 Practical: Personal Training Program
Log Book Collection (Friday March 3rd)

WEEK 9: March 6th ó March 10th

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

WEEK 10: March 13th ó 17th

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

WEEK 11: March 20th ó 24th

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 24th, 2017**

WEEK 12: March 27th ó 31st

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 3rd ó April 1 297.53 714 Tm -0.0149 Tc¶63.46 317.81 1e7I,8P41 0 0 1 166.22 317.81 107S,8P41 0 0 1