

**WEIGHT TRAINING
PHED BC 1585**

Instructor: Sharon J. Everson

Office Hours: 207 Barnard Hall; T-Th 12:00-1:00pm or by appointment

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COURSE DESCRIPTION:

An introductory course to the proper techniques of weight training emphasizing principles for muscular strength and endurance, flexibility and cardiovascular fitness. Variable resistance machines, free weights and a variety of cardiovascular equipment will be utilized. The development and implementation of an individualized training program for each student is stressed.

COURSE OBJECTIVES:

The student will:

- appreciate weight training and physical conditioning as a means of pursuing lifetime wellness.
- utilize proper body mechanics for each training exercise.
- correctly and safely utilize each piece of training equipment.
- demonstrate proper training principles in the development of her individualized training program.

COURSE REQUIREMENTS:

The student must:

- adhere to the attendance and lateness policies of the Barnard Physical Education Department. (See Attendance Policy Handout)
- wear appropriate training attire i.e. athletic shoes, shorts, T-shirt, athletic bra
- leave all psychological baggage at the entrance and enjoy.

TENTATIVE COURSE CONTENT:

- Introduction to the course; fitness defined
- Introduction of flexibility work
- Weight Room Orientation – distribution of Weight Room Stickers for ID cards
- Muscular Strength evaluation (Pre)
- Principles of Physical Conditioning
- Group flexibility and conditioning (sit-up/push-up variations)
- Peterson program for strength training
- Free Weights
- Pyramid program
- Circuit training
- Development of Personal Program
- Individualized instruction
- Muscular Strength Evaluation (Post)
- Select Wellness issues s time permits:
 - Relaxation and Stress Management Techniques
 - Nutrition