

BARNARD COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

WEIGHT TRAINING

Instructor: Laura Masone
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Office Hours: by appointment

COURSE DESCRIPTION

Introduction to the principles of weight training through use of Cybex machines and free weights. Programs tailored to individual needs with an emphasis on lifetime fitness.

COURSE OBJECTIVES Each student will:

- design an individual muscular strength and/or endurance program.
- learn exercises for strengthening and stretching each muscle group.
- learn set-up and care of all equipment.

COURSE REQUIREMENTS Students must:

- adhere to the attendance policies of the Physical Education department (see handout).
- be in class dressed and ready to participate on time. Attendance is taken at the start of class.
- be properly dressed in workout wear. Fitness shoes are required. If you are not appropriately dressed, you will not be permitted to exercise. This results in an absence.

WEEKLY COURSE SCHEDULE

Week

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| 1 | Weight Room Orientation |
| 2 | Group warm up and stretch, selection of appropriate beginning weight, abs and pushups. |
| 3 | Group warm up and stretch, individual program design |
| 4 | Individual program, strength assessment (1 RM) |
| 5 | Individual program, free weight exercises (superset, floor exercises, squats, lunges, dips) |
| 6 | Circuit training, Pyramid training, Superslow or Intervals |
| 7 - 8 | Individual program |
| 9 | Circuit training, Pyramid training, Superslow or Intervals |
| 10 - 12 | Individual program |
| 13 | Individual program, re-assess 1 RM |