

**BARNARD COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION**

**WEIGHT TRAINING  
PHED 1585**

**Instructor:** George Padilla (gpadilla@barnard.edu)  
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**Course Description:** This course is an introduction to the fundamentals of strength training with an emphasis on the use of free weights, fixed, and variable weight resistance equipment. Students will learn proper weight training procedure (warm up, stretching, form, and safety principles) for optimal self improvement. Students will also learn to develop a sound personalized weight training program as part of her lifetime fitness plan.

**Course Objectives:** Students will be expected to:  
Be in attendance and participate in all class activities.  
Learn the proper use of all weight training equipment introduced in class.  
Learn to design a fitness enhancing program using weight training equipment.  
Develop a greater appreciation for personal fitness and the benefits of life long activity.

**Course Requirements:** Students must:  
Be in class, ready to participate on time.  
Be dressed in exercise clothing and footwear.  
Be able to demonstrate proper use of all weight training equipment presented in class.  
Miss no more than 4 classes.

**Course Coverage**

Orientation to facilities and introduction to the Department of Physical Education  
Weight Room Workshop  
Introduction of the 1 Rep Max Muscular Strength Evaluation  
1 RM Muscular Strength Evaluations (Bench Press and Leg Press)  
American College of Sports Medicine and National Strength and Conditioning Association  
    Weight Training Program Design Principles  
Partner Resistance Strength Training / Partner Exercises  
Group Activity / Circuit Training  
Free Weight Strength Training Movements  
Selected Sport Strength Training Regimens  
Supportive Sports Fitness / Wellness Topics  
Individualized Program Development  
\* There will be 3 muscular strength evaluations during the semester (beginning, mid-semester, end of semester).