

**WEIGHT TRAINING
PHED 1585**

Instructor: **Tavius Cheatham**

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COURSE DESCRIPTION: Introduction to the principles of strength training and conditioning. Instruction on the use of free weights, resistance machines and cardiovascular equipment for the development of muscular strength and endurance, cardiovascular conditioning and flexibility. Students will develop and implement individualized training program based on personal fitness goals.

COURSE OBJECTIVES

- Become proficient in the proper techniques of resistance, flexibility and cardiovascular training exercises.
- Develop greater muscular strength / endurance and improve cardiovascular conditioning.
- Learn proper warm-up and flexibility exercises related to personal fitness.
- Develop short & long term fitness goals.
- Design and implement individual workout routine.
- Acquire a greater appreciation for the benefits of life long physical activity.

COURSE REQUIREMENTS

- Adhere to the attendance and lateness policies of the Barnard College Physical Education Department.
- Dress in proper athletic attire (sneakers, loose fitting clothing).
- Participate in class fully throughout the semester.
- Assist with the setup and breakdown of any class equipment.
- Bring plastic water bottle.

TENTATIVE COURSE SCHEDULE

Week 1 Orientation / History / weight room workshop (cardio)

Week 2 Group warm up / Weight room workshop (resistance machines) / Circuit training

Week 3 Flexibility exercises / Abdominal exercises / Free weight exercises / Workout charts

Week 4 Fitness evaluation 1RM / Selection of appropriate weights

Week 5 Body weight exercises

Week 6 Individual warm-up / Partner spotting / Strength training Techniques

Week 7 Strength training techniques / Goal setting

Week 8 Individual Programs / Dodge Fitness Center Tour

Week 9 Individual Programs

Week 10 Individual Programs / Student topics

Week 11 Individual Programs / Student topics

Week 12 Fitness Evaluation 1 RM

Week 12 Home Training Workouts / Choosing a health club facility