

Intermediate Weight Training
PHED 1586 x 01

Instructor: **Tavius Cheatham**
Office: 206B Barnard Hall
Telephone: 854-6959
Email: tcheatham@barnard.edu
Office Hours: or by appointment

COURSE DESCRIPTION:

In depth examination into the principles and practice of strength training. Advanced instruction on the use of free weights, resistance machines and other strength training equipment for the development of greater muscular strength and endurance. Students will develop and implement individualized training program based on personal strength training goals.

COURSE OBJECTIVES

- Become proficient in the proper techniques of strength training.
- Develop greater muscular strength and endurance.
- Learn proper warm-up and flexibility exercises related to individual strength training goal.
- Develop short & long term strength training goals.
- Improve knowledge of and the terminology associated with strength training.
- Acquire a greater appreciation for strength training and 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, lose fitting clothing).
- Participate in class fully throughout the semester.
- Assist with the setup and takedown of any class equipment.
- Display proper weight room etiquette.

TENTATIVE COURSE SCHEDULE

Week 1	History of weight training/ Strength tests
Week 2	Skeletal muscle overview / Personal workout design
Week 3	Personal workout implementation / Dodge Fitness center
Week 4	Medicine ball training
Week 5	Nutrition for strength training
Week 6	Plyometric training
Week 7	Mid year strength test
Week 8	Partner resistance training
Week 9	Resistance band exercises
Week 10	Skeletal muscle injuries and treatment
Week 11	Strength Training in New York City
Week 12	Final strength test
Week 13	Equinox Health Club?