Spring 2000

HPER 036: Weight Training

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Course Syllabus

Instructors: Dr. Tom Visker  
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I. Course Title: HPER 36 Weight Training

II. Course Description:

An introductory level weight training class with emphasis on lifting technique, safety and application of physiological principles for weight training.

III. Course Objective: Upon completion of the course the student will:

A. understand the physiological concepts which apply to weight training.
B. experience pre and post training assessment of muscular strength.
C. use the proper lifting techniques when training with weights.
D. will increase their level of muscular strength and endurance.

IV. Course Outline:

A. Introduction to weight training including:
   1. Physiological principles
   2. Equipment
   3. Safety
   4. Lifting technique
B. Pre-test of muscular strength
C. Training program
D. Post-test of muscular strength

V. Method of Instruction:

Lecture, Demonstration and Individual Assistance

VI. Evaluation:

Evaluation is based on attendance and participation in assigned activities.