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HPER 036: Weight Training

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Course Syllabus

**Instructors: Dr. Tom Visker
Mr. Glenn Bouma**

I. Course Title: HPER 36 ~~A*~~ 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.