Instructor: Gregory Portnoy, Ph.D.

E-mail: gportnoy@yorku.ca

Class time: Tu/Th:

9:30am-10:30am Sect."P" 10:30am-11:30am Sect."Q"

Dates: January 4 – April 4

Location: Track and Field Centre

COURSE DESCRIPTION:
To become familiar with strength training techniques and methods. To understand the principles and systems of maximum strength training, power training and strength endurance training.

COURSE OBJECTIVES:
1. To apply the knowledge to a sport, activity or field of interest in fitness.
2. To design strength training program specific to a chosen field of interest.
3. To achieve a min level of fitness required to adequately perform the skills in strength training.

EVALUATION:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training Program</td>
<td>25%</td>
</tr>
<tr>
<td>Weight Training Testing</td>
<td>10%</td>
</tr>
<tr>
<td>Written Test</td>
<td>30%</td>
</tr>
<tr>
<td>Participation and Attendance</td>
<td>35%</td>
</tr>
</tbody>
</table>

COURSE REQUIREMENTS:

1. Students are responsible for theoretical information covered in class.
2. Any student missing more than four classes (without a medical) will receive a failure in the course.
   ++ Attendance: miss 1 class = lose 2 points of 100 ++
3. Phones, iPods etc. are not permitted in class.
CLASS SCHEDULE:

1. Introduction
2. Strength Training Principles (Classroom – Track Centre)
3-4. Strength Training Methods: Body Resistance Exercises
5-6. Plyometrics and Medicine Ball Exercises
7-8. Free Weight Exercises
9. Machine Exercises
10. Upper Body Exercises
11. Lower Body Exercises
12-13. Circuit Training
14. Program Design (Classroom)
15. Testing – Start of Program
16-17. Training
18. Circuit Training
19-20. Training
21. Testing – End of Program
22. Written Test (Classroom)
23. Plyometrics and Medicine Ball Exercises
24. TBA