STRENGTH TRAINING
PKIN 0308

INSTRUCTOR: Tom Gretes
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COURSE DURATION: January 8 – April 4, 2018

TIMES:
Section M: 10:30 - 11:30 Monday/Wednesday
Section N: 11:30 –12:30 Monday/Wednesday
Section O: 12:30 - 1:30 Monday/Wednesday

LOCATION: Toronto Track and Field Center

COURSE DESCRIPTION:
To become familiar with Strength Training Techniques and Methods. To understand the principles and systems of maximum Strength Training, a combination of Strength Training, Endurance Training and power Training. To be able to develop and apply a Strength Training Program specific to ones sport or activity.

COURSE OBJECTIVES:
1: To Apply this knowledge to a sport, activity or field of interest.
2: To design a Strength Training Program specific to a chosen sport or physical activity.
3: To achieve a minimum level of fitness required to adequately perform the skills in Strength Training.

EVALUATION:
Training Program...........................25%
Testing......................................25%
Written Test.................................25%
Attendance..................................25%
Total.........................................100%

COURSE REQUIREMENTS:
1. Students are responsible for theoretical information covered in class.
2. Any student missing more than 2 classes (without a medical excuse) will receive a failure in course.
3. Inform the instructor if you have to miss a class based on an injury or extended illness, provided with a medical note.

Macintosh HD:Users:GretesFamily:Documents:TOM 1:Strength Training PKIN Course Outline.docx
ATTENDANCE:  Miss 1 - Loose 10 Marks 
Miss 2 - Loose 15 Marks Without a valid excuse 
Miss 3 - Loose 25 Marks 
Miss 4 - Fail Class

GRADING SYSTEM:  A, B, C, F - Pass/Fail Option

DRESS REQUIREMENTS:  Running shoes, cleats, proper gym attire, shorts, t-shirts, sweats

DRESS REQUIREMENT:  Appropriate activity clothing for Physical Participation - t-shirt, sweat top, shorts or sweat pants.

CLASS SCHEDULE:

SESSION 1- Introduction to course 
2- Dynamic / Static Stretching 
3- Testing 
4- Testing 
5- Class Room: Strength Training Principles 
6- Plyometric Exercises 
7- Medicine Ball Exercises 
8- Resistance Bands Exercises 
9- Vertical Push / Pull Exercise (Free Weights) 
10- Horizontal Push / Pull Exercises (Free Weights) 
11- Lower body Hip / Hamstring Dominant Exercises (Weights) 
12- Lower body Quad Dominant Exercises (Weights) 
13- Olympic Lifting (1) Clean Technique - Power, Hang 
14- Olympic Lifting (2) Snatch Technique - Power, Hang 
15- Training Systems: Circuit Training 
16- Class Room: Program Design 
17- Training 
18- Training 
19- Training 
20- Training 
21- Training 
22- Training 
23- Training 
24- Written Test / Written Assignment Due