Instructor: Gregory Portnoy, Ph.D.
E-mail: gportnov@yorku.ca

Class time: Tu/Th:
9:30-10:30am Sect. "P"  10:30-11:30am Sect. "Q"

Dates: January 3 – April 3

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:

Training Program 23%
Weight Training Testing 10%
Written Test 39%
Participation and Attendance 35%

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
3. Strength Training Methodology
4. Flexibility Training
5. Free Weight Exercises
6. Dumbbell Exercises
7. Upper Body Exercises
8. Lower Body Exercises
9. Circuit Training
10. Program Development
11. Testing - Start Preparation
12. Training
13. Circuit Training
14. Circuit Training
15. Testing - End of Preparation
16. Circuit Training
17. Testing - End of Preparation
18. Circuit Training
19. Testing - End of Preparation