

The College of William and Mary
Department of Kinesiology & Health Sciences

KINE 175 Weight Training

Instructor: Kelly Charles
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Course Description

This course is designed to introduce the BEGINNER to strength training, muscular endurance training and body building by using body weight, free weights and machinery. Students will participate in circuit training and various alternative training methods.

Course Credit

1 credit hour

Pre-Requisite

An open mind, a desire to learn and to work hard to improve one's fitness. This is a BEGINNING course. It is not recommended for experienced weight lifters.

Course Objectives

Upon successful completion of this course the student will:

1. demonstrate proper technique in the performance of exercises for all body parts using machines, free weights and body weight.
2. demonstrate an understanding of the major principles of weight training and the body's adaption to overload.
3. design and implement a regular and progressive personal weight training program modeled toward achieving specific goals.
4. demonstrate and understand the principles of proper warm-up and stretching and their relevance to a weight training program and routine.
5. demonstrate and apply safety and weight room etiquette during workout sessions.
6. identify major muscle groups using anatomical names.
7. identify weight machines and free weight exercises by name and the relationship between the exercise and specific muscle groups.

Course Content

This course will include:

1. personal training goals.
2. concepts of adaptation, progression, overload, resistance, repetitions, sets, and rest.
3. techniques for exercises on machines, free weights and body weight resistance exercises.
4. safety and spotting.
5. exercise selection and arrangement.
6. weight training and exercise myths.
7. nutrition, weight loss, and weight gain.
8. breaking through plateaus and alternative weight training techniques.
9. circuit training.

Course Evaluation

Student must pass in all four areas to receive a passing grade.

1. **Attendance- YOU MUST BE HERE!** Students are expected to be at all scheduled class meetings. Students receive academic credit for participating in activity classes. More than three absences constitutes a FAILING GRADE! These absences should be reserved by the student in cases of illness, job interviews and other emergencies. There are no “excused” absences. Students who have valid medical excuses may be advised to withdraw, take a medical withdrawal or in rare cases, take an incomplete. The instructor will base this decision on individual circumstances. **BE HERE ON TIME!!** If you come in after attendance, it is your responsibility to come to the instructor and advise he/she of your presence. If you come in late or leave early, you receive ½ credit for attendance that day.
2. Participation- Students are expected to participate in all class activities.
3. **Workout sheets-** They must be complete and demonstrate a sound program SUITED TO YOUR NEEDS (i.e. record your exercises during each class).
4. **Comprehensive Written Exam-** Given during the last week of class. Students must have a grade of 70% or better in order to pass.

Required Items

Good, supportive and protective athletic shoes (no sandals), appropriate athletic clothing (clothing that allows freedom of movement).

*Pencil and notebook for lecture portion of class.

Text

Course handouts

A text may be required or recommended by instructor.

NOTE: Remember that active participation is a must!!