

University of Texas at Tyler
Kinesiology Department
KINE 1201: Beginning Weight Training
Fall, 2009

I. Descriptive Information

- KINE 1201 003
- Beginning Weight Training
- Learning and performing the basic fundamentals of weight training.
- Develop proper use of weight lifting equipment and develop your own training program with the use of weights.
- Credits 1.0
- Instructor:
 - Nicodemus Christopher
 - Office:
 - (903) 330- 7519
 - nchristopher@patriots.uttyler.edu
- Meeting Day, Time, Place: Tues. & Thurs.: 10:00-11:00am; HPC

II. Specification of Course Goals and Objectives

General Goals

- 1) The students will understand and describe the safety procedures for using various weight lifting equipment.
- 2) The students will gain a knowledge of various training systems in weight lifting.
- 3) The students will train regularly during class and outside of class in order to stay in good physical condition.

Course Objectives

- 1) Introduce basic weight lifting concepts.
- 2) Exercise
- 3) Allow the students to have fun and enjoy weight lifting.
- 4) Allow students to develop their own training program with the use of weights.

IV. Course Requirements

- 1) Attendance and participation is crucial in this class. If a student misses 3 classes, this will result in a full grade drop. If a student misses more than 6 classes, then an automatic failure will occur.
- 2) All students are required to wear appropriate exercise attire. If a student does not wear the appropriate exercise attire, they will not be allowed to participate and will be counted absent. No student will be allowed to participate in class without the proper shoes.

- 3) A grade of "I" (incomplete) will be awarded only in cases where proven undue hardship in the completion of course requirements is shown (instructor discretion).
- 4) Academic Misconduct: Please adhere to the UT Tyler Code of Conduct (Standards).
- 5) Tardies will not be tolerated. Students are expected to be at class-on time.
- 6) This is an activity course; physical participation is required.

Special Needs: University of Texas at Tyler is committed to providing a working and learning atmosphere, which reasonably accommodates qualified persons with disabilities. If you have any disability that may impair your ability to complete this course successfully, please contact appropriate department. Reasonable academic accommodations are reviewed for all students who have qualified documented disabilities. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures. You should contact the Human Resource Services.

Preventing Sexual Harassment: Title IX of the education amendment of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds, including Federal loans and grants. Title IX also covers student-to-students sexual harassment. If you encounter unlawful sexual harassment or gender-based discrimination, please contact the Human Resource Services.

V. Grading

The students will be graded based entirely on your attendance to class. There are 28 days of this class and you will earn 1 point for each day that you participate. Therefore, a straight grading scale will be used for all grades as follows:

- A=25-28pts
- B=22-24
- C=19-21
- D=16-18
- F=15 and below

VI. Syllabus:

Each student will have a syllabus with various skill levels listed. To complete each skill requires attendance in class. You will be required to have each skill level initialed by the instructor when you feel you are ready to pass that level.

Two exams will be given during the semester to cover materials learned in class. Practical exams will be given in the following areas:

Strength Fitness:

- | | |
|--------------------------------------|----------------------------|
| 1. Arm curls | 8. Back extensions |
| 2. Triceps extensions (French curls) | 9. Heel raises |
| 3. Lat pull down | 10. Leg press |
| 4. Bench press | 11. Leg extensions |
| 5. Incline bench press | 12. Leg curls (hamstrings) |

6. Military press
7. Sit ups

13. Hip extensions
14. Hip flexion

Disadvantages of Weight Training:

Participating only in a program of weight training does not develop all-around physical fitness. Specifically, cardio respiratory endurance and the favorable body responses that accompany its development are not increased. Also, participation in weight training does little, if anything, to develop increased coordination, timing, or motor skills. Consequently, other activities should be combined with weight training to insure that these shortcomings are eliminated from the physical-fitness program. Running, swimming, games, and sports are excellent activities to supplement a weight-training program.

Principles of Weight Training:

The following principles of weight training have for the most part been empirically derived. Only a few normal studies have been undertaken in an effort to substantiate them. However, most authorities support the principles listed below, especially as they apply to the beginning weight training.

Number of Repetition:

- ***Strength Development:*** Six-execution maximum of an exercise has been found superior to two-or ten-execution maximum for the development of strength. To develop strength rapidly, for each exercise, the beginner should perform three sets of six repetitions each.
- ***Local Muscular Endurance:*** A maximum of fifteen-execution maximum seems to be required for the effective development of local muscular endurance, although thirty-execution maximum is sometimes used. To develop local muscle endurance rapidly, the beginner should perform fifteen to twenty-five repetitions of each exercise.

Number of Sets:

Three sets of each weight-training exercise are recommended for the beginner who wishes to achieve maximum gains in strength.

Frequency of Workouts:

For beginners, performing weight-training exercises every other day produces more effective results than working out every day or only or twice a week. Beginning weight trainers profit most if they have approximately forty-eight hours of rest between weight-training workouts.

Rules of Weight Training:

- ***Preliminary Conditioning:*** The beginning weight trainer should use a lighter-than-normal exercise load during the first five weight-training workouts, to permit body to adjust to unaccustomed movements and to avoid the muscular soreness and stiffness that might otherwise result. This preliminary conditioning period

- will also allow him to learn the correct form for performing the weight-training exercise before he begins to exercise with a maximum load.
- *Warm up.* If not already warmed up as a result of participating in some other vigorous physical activity, before lifting heavy poundage's, the weight trainer should warm up by using a light weight to exercise most of the major muscle groups of his body.
 - *Safety.* The beginning weight trainer, especially, should lift only an exercise load that he is certain he can control. He should not exercise with heavy weights without first practicing the exercise for several weeks with a load that he can handle easily. When in doubt as to his ability to safely handle a weight, the weight trainer should ask a spotter to assist him.

Body Position When Exercising: When lifting a heavy weight, the weight trainer should: 1) keep his back straight as possible, or even slightly arched, to let the stronger muscles of the legs do the work, and thus avoid straining the weaker muscles of the back; 2) keep the bar as close to his body as possible when lifting the barbell to his chest (beginners have a tendency to stand too far from the bar because of a groundless fear that the bar will strike the body when it is lifted); 3) keep his feet flat on the floor for better balance and to spread the load over a wider area of support (if the ankle joints are not sufficiently flexible to permit the feet to remain flat on the floor during squatting movement. The heels should be placed on a board one or two inches high); 4) keep his feet spread approximately shoulder width in order to maintain a comfortable stance and good balance while performing an exercise.

Order of Exercises: The beginning weight trainer should perform the exercises in a sequence that causes first one area of the body to be exercised, then another, and so on.

Overloading: When the desired number of repetitions of an exercises can be performed during the first set, the poundage used for hat exercise should be increased by approximately 3 to 5 percent for the next workout.

