

McDaniel College Budapest

Course Syllabus

EPE 1016 – Weight Training

Professor

Réka Ránky

Contact Information

reka.ranky@gmail.com; Prof. Ranky's office is located at the Vet University gym

Availability

Professor Ranky is available Monday to Thursday 9:00–12:00 in her office above the gym, before and after class as well as by appointment.

Class Location:

McDaniel College, Campus in Budapest

Gymnasium and weight room of the Hungarian University of Veterinary Sciences

Course Description

The course is designed to provide students with the basic techniques, physical skills and theoretical knowledge to improve their overall muscular strength. Emphasis will be placed on understanding the basic elements of weight training, how they can be used in different ways to provide a variation of trainings. Alternative strength training methods will also be introduced.

Course Objectives

1. To understand the basic anatomy of the muscles used in different weight training exercises
2. To gain understanding of theoretical elements of weight training and how they are used in practice
3. To learn the proper technique of the exercises performed
4. Acquire basic concepts of nutrition

Learning Outcomes

The course is aimed at teaching the students the correct techniques of weight training exercises. Upon completion of the course students should be able to develop a personalized training program.

Required texts & materials

- Handouts during the semester

Grading

Grading will be entirely based on active in-class participation.

Honor Code

You are expected without question to adhere completely to the McDaniel College academic honor code.

Course Policies

Comfortably participating in any sport requires the players to wear appropriate clothing. Therefore please wear (clean) indoor trainers and a comfortable sport outfit (any loose comfortable exercise clothing). Jeans are not accepted. Bring water to drink and a towel to use during class.

No chewing gum or candy in class. No swearing in class. Safety practices will always be followed:

- always warm up and stretch properly;
- always let the instructor know if you have an injury or are feeling unwell.

Creation of a physical education and sport environment requires above all else respect for fellow students. I ask that you not to be late; distract others during class; that you turn off your cell phone and that you do not check for messages during class. Likewise, you can expect me to end class on time, to engage you in physically challenging activities, and to be respectful of all points of view.

If there is a student in this class who has specific needs, please feel free to contact the instructor.

Participation implies attendance; absences will be noted and will adversely affect your final grade. In addition, in accordance with McDaniel Budapest's attendance policy, there will be an automatic deduction of one letter grade for every unexcused absence following your second unexcused absence.

Class 1

Introduction to class, introduction to course, safety

Class 2

Introduction to the basic theory of weight training (reps, sets, rest times, basic exercises) defining goals; Workout one: basic exercises (squats, pull downs, bench presses etc.)

Class 3

Classic weight training session with increasing repetitions in following sets

Class 4

Circuit training

Class 5

Introduction to alternative training techniques 1.– TRX/resistance training/balance training

Class 6

Introduction to alternative training techniques 2. – TRX/resistance training/balance training;
introduction to basic concepts in nutrition

Class 7

Free weight variations: shoulder and arm exercises

Class 8

Free weight variations: leg exercises

Class 9

Free weight variations: chest and core exercises

Class 10

Final class – presentation of individualized exercises