

# Global Learning Semesters

## Course Syllabus

Course: SPSC-304 Weight Training & Aerobics Teaching

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-304	Weight Training & Aerobics Teaching	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	SPSC-140, SPSC-230
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

### Course Description

This course is designed to teach students the proper techniques in muscular strength and endurance as well as aerobic conditioning. Students will be taught the proper principles of training and how these principles relate to conditioning. Student learning will include designing and participating in a variety of fitness exercise routines. In the second part, the course is specifically designed to provide the students with the knowledge and practice of weight training principles. The emphasis is given on design and implementation of personal weight training program.

### Prerequisites

SPSC-140, SPSC-230

### Topic Areas

1. The Group Exercise Class
2. Intensity
3. Components of Fitness
4. Exercise Benefits
5. Functional Training
6. Circuit Training
7. Bands
8. Balance Training
9. Bodyweight Training
10. Stability ball
11. Medicine Ball
12. Posture
13. Step Aerobics
14. Spinning
15. Interval
16. Abdominal Workout
17. Progressive relaxation
18. Maintaining an Exercise Program for life
19. Techniques of using weight training (for each particular muscle group)
20. Circuit weight and aerobic training (and other approaches to aerobic fitness).

Learning Outcomes

1. To explore various aerobic conditioning concepts.
2. Discover at least one exercise class that is enjoyable and can be used to improve health and fitness level.
3. Participate in a variety of exercise classes for the improvement of one's physical fitness level.
4. Understand the basic principles of health and fitness.
5. Understanding of aerobic training principles and its benefits.
6. An understanding of weight training principles and its benefits.
7. To design and implement a personal program that meets his/her goals.
8. To perform variety of exercises for each muscle group correctly.
9. To be aware of safety factors in the weight room.

#### Assessment

Midterm Examination:	(Theory 25%)
Final Practical Examination:	(40%)
Practical Demonstration:	(25%)
Attendance and Participation:	(10%)

### Readings and Resources

#### Required Textbooks

1. Baechle, T.R. ed., 1994. Essentials of Strength Training and Conditioning. Champaign, IL: Human Kinetics.