



University of Nicosia, Cyprus

Course Code SPSC-281	Course Title Resistance Training	ECTS Credits 3
Department Sports Science	Semester Spring or Fall	Prerequisites SPSC-105, SPSC-106
Type of Course Elective	Field Health & Performance	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 2 nd -4 th	Lecturer Dr Aphamis George Dr Christou Marios
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

This course is designed to teach students the proper techniques in muscular strength and endurance. 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 resistance exercise training routines. 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.

Learning Outcomes:

1. An understanding of weight training principles and its benefits.
2. To design and implement a personal program that meets his/her goals.
3. To perform variety of exercises for each muscle group correctly.
4. To be aware of safety factors in the weight room.

Course Contents:

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. Abdominal Workout
14. Maintaining a resistance exercise program for life

15. Techniques of using resistance training (for each particular muscle group)
16. Circuit weight and aerobic training (and other approaches to aerobic fitness).

Learning Activities and Teaching Methods:

Lectures and practical application from the students

Assessment Methods:

Midterm examination, Final practical examination, Practical demonstration, Attendance and Participation

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Baechle, T.R. & Roger W. Earle, eds.	Essentials of Strength Training and Conditioning.	Human Kinetics.	2000	0736000895