

Weight Training – Syllabus

Instructor: Cade Watson

Email: cjlw19ez@sulross.edu

Class Meetings: Mondays & Wednesdays, 8:00 AM

Duration: 16 Weeks

Course Description

This course is designed to introduce students to the fundamentals of weight training with a focus on developing strength, endurance, and proper technique. Students will participate in structured workouts aimed at improving both upper and lower body strength while gaining knowledge of safe lifting practices.

Course Objectives

- Demonstrate proper lifting form and safety techniques.
- Understand the importance of consistent training for overall health and fitness.
- Apply knowledge of weight training to create a balanced workout routine.
- Show improvements in strength, endurance, and confidence in a weight room setting.

Class Schedule

Mondays – Upper Body Workouts

Wednesdays – Lower Body Workouts

Attendance & Participation (Grading)

100% of your grade is based on attendance and participation.

Students are expected to be present, on time, and actively engaged in all workouts.

More than **3 unexcused absences** may result in failure of the course.

Participation includes effort, proper use of equipment, and respectful behavior in the weight room.

Instructor Policy

If the instructor cannot attend class, students will be notified at least **24 hours in advance**.

Required Materials

- Appropriate workout attire and athletic shoes
- Water bottle
- Towel (recommended)

Expectations

- Respect for classmates and equipment is required.
- Phones should not be used during workouts unless for fitness tracking purposes.
- Safety comes first: always follow instructions when lifting or spotting.

Tentative Weekly Outline

Week	Monday (Upper Body)	Wednesday (Lower Body)
1	Introduction, safety, form basics	Intro to lower body lifts, squat form
2	Chest & triceps	Squats & lunges
3	Back & biceps	Deadlifts & hamstrings
4	Shoulders & arms	Quads & glutes
5	Chest-focused	Lower body circuit
6	Back-focused	Deadlift variations
7	Arm strength	Squat variations
8	Shoulder strength	Lower body endurance
9	Circuit upper body	Power lower body
10	Chest & back mix	Glutes & hamstrings
11	Biceps & triceps	Plyometric leg work
12	Shoulder & chest	Squat endurance
13	Back & arms	Lower body circuit
14	Full upper body	Full lower body
15	Review & personal bests	Review & personal bests
16	Final session & evaluation	Course wrap-up