



HANYANG UNIVERSITY

Hanyang International Summer School

Faculty Information	Name	Cho a ra				
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	Home University	Hanyang University				
	Department	Department of Physical Education				
	Homepage					
Course Information	Class No.	18005	Course Code	CUL6056	Credits	2
	Course Name	Weight Training				
	Lecture Schedule	Tue-Fri/ 10:00~12:00				
	Course Description	This course teaches what weight training is and focuses on the proper use of muscles for body movement.				
	Course Objective	The purpose of this course is to understand the principles and concepts of weight training, increase self-awareness of one's body, and enable individuals to independently find and engage in their own exercise routines regardless of location.				
	Prerequisite	-				
Evaluation	Attendance	40%	Quiz	%		
	Assignment	%	Mid-term Exam	15%		
	Presentation	%	Final Exam	15%		
	Group Project	%	Participation	30%		
	Etc.	Evaluation Item			Ratio	
Daily Lecture Plan	Day 1	Orientation / Basic Theory of Weight Training / Assessing Current Body Condition through Body Composition Measurement				
	Day 2	Weight Training & Fundamental Training. Physical fitness assessment				
	Day 3	Learning Exercises for Major Muscles in the Chest, Back, and Lower Body				
	Day 4	Learning Exercises for Major Muscles in the Chest, Back, and Lower Body				
	Day 5	Learning Exercises for Major Muscles in the Chest, Back, and Lower Body				
	Day 6	Learning Exercises for Major Muscles in the Chest, Back, and Lower Body				
	Day 7	Learning Exercises for Small Muscles such as Shoulders, Arms, and Abdomen				

	Day 8	Learning Exercises for Small Muscles such as Shoulders, Arms, and Abdomen
	Day 9	Learning Exercises for Small Muscles such as Shoulders, Arms, and Abdomen
	Day 10	Mid-term examination
	Day 11	Virtual Fitness Experience
	Day 12	Split Training
	Day 13	Split Training
	Day 14	Split Training
	Day 15	Final examination / Assessing Current Body Condition through Body Composition Measurement
	Day 16	Final examination / Physical fitness assessment