



HANYANG UNIVERSITY

Hanyang International Summer School

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Course Information	Class No.	18084	Course Code	CUL6056	Credits	2	
	Course Name	Weight training					
	Lecture Schedule	Mon-Thu / 16:00~18:00					
	Course Description	Understand training principles and characteristics easily and identify effective exercise methods. Familiarize yourself with the theoretical basis and physiological foundations of sports science, methods and types of training, and understand technology, programs, and flexibility enhancement. Identify how to maintain and improve athletic ability and health, and learn effective training and training methods to improve athletic performance, increase physical strength, recover injury, and control weight. Learn about the functions that appear through exercise and understand the factors that should be considered and the ease of application.					
	Course Objective	<ol style="list-style-type: none"> 1. A correct understanding of the definition of the terms of weight training and the form of muscle contraction 2. A correct understanding of the principles of weight training 3. Accurate understanding of exercise methods for each body part 4. Correct understanding of writing weight training programs 5. Understanding using a weight machine 6. Proper understanding using free weights (barbells, dumbbells) 					
	Prerequisite	-					
	Materials/Textbooks						
Evaluation	Attendance	40%	Quiz	0%			
	Assignment	20%	Mid-term Exam	0%			
	Presentation	0%	Final Exam	40%			
	Group Project	0%	Participation	0%			
	Etc.	Evaluation Item			Ratio		
					%		
Daily Lecture Plan	Week 1	Day 1	Orientation/lecture introduction and self-introduction				
		Day 2	Familiarize yourself with how to use exercise equipment, etc				



		Day 3	Preparation for Training
		Day 4	Weight training
	Week 2	Day 1	Health and Adult Diseases in Modern People
		Day 2	physical strength and training
		Day 3	Muscle function and training
		Day 4	Physical fitness training
	Week 3	Day 1	Quickness training
		Day 2	full-body endurance training
		Day 3	Flexibility training
		Day 4	Training Management
	Week 4	Day 1	Create Training Program (Task)
		Day 2	Training plan
		Day 3	Weight training practice
		Day 4	Final examination