



Weight Training 101

Program Outline

Weight Training 101 Program Description

This four hour Weight Training 101 (WT101) course is designed for individuals with a passion for fitness with no personal weight training experience wishing to pursue a career in fitness. In this course, students will learn how to use cardiovascular and resistance training equipment and perform common exercises safely and effectively.

Career Opportunities

There is no career opportunity for anyone taking just this course, this course is designed for individuals wishing to pursue a career as a Personal Trainer but have no experience with weight training or working out.

Admission Requirements

The admission requirements for this program are as follows:

- Must be 16-years of age
- The ability to speak english
- A passion for fitness

Required Textbooks

The student is not required to have a textbook for this program, but they will be provided with a WT101 Exercise Preparation handout that details the course content.

Program Duration

The Weight Training 101 program is a total of 4 instructional hours, generally spread out over 2 sessions (2hrs/session) with an instructor.

Homework Hours

No homework is required for this program

Delivery Methods

On-site delivery

Instructional Methods

| Method of Instruction | Contact Hours |
|---------------------------|---------------|
| Lecture | 0.5 |
| In-class Demonstration | 1.5 |
| Lab time | 0.0 |
| Hands-on Practice | 2.0 |
| Group Work | 0.0 |
| Total Instructional Hours | 4.0 hours |

Learning Outcomes

By the end of the Program, Infofit students will be able to:

1. Set-up and use a Stationary Bike
2. Set-up and use a variety of resistance training machines
3. Perform common resistance training exercises

Student Progress/Assessment Methods

Students will be assessed through instructor feedback and mentorship throughout the scheduled training session.

Attendance Expectations

Students are expected to attend 100% of the course instructional hours. Those that miss a section of the course will be required to make this time up with a tutor.

Dress Expectations

Students are asked to wear comfortable gym wear and running shoes.

Graduation Requirements

There are no graduation requirements.

Program Organization

| Name of Course | # of Instructional Hours |
|------------------------|--------------------------|
| 1. Weight Training 101 | 4 |