

Adapted Circuit Weight Training

Instructor: Mikel Schmidt
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Class: Weight Room

COURSE DESCRIPTION

Adapted Fitness. Recommended preparation: recent physical examination and disability verification. Designed to address the individual exercise needs of students with limiting conditions. Instruction includes development of an overall fitness routine involving all aspects of body conditioning: cardiovascular training, muscular strength and endurance training, and flexibility and balance exercises.

COURSE OBJECTIVES

Upon successful completion the students will be able to:

- a. Employ lifting techniques into their exercise program
- b. Incorporate aerobic equipment into their exercise program
- c. Incorporate flexibility exercises relative to fitness goals
- d. Organize all exercise modalities in the most effective order based on individual fitness goals
- e. Provide feedback to instructor to better facilitate exercise effectiveness
- f. Employ safety procedure

GRADING

Attendance, Participation. This is a CR/NC class.

LOCKERS

You can use any of the small lockers all semester with your own lock. You can also use a big locker for the day only, with your own lock. Make sure at the end of the semester that you take all of your belongings out of the lockers, otherwise it will be cleaned out for you!

EMERGENCIES

Dial 911 for any emergencies.

