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| **Faculty Information** | **Name** | Jongjin, PARK |
| **E-mail** | jongjin@hanyang.ac.kr |
| **Home University** |  |
| **Department** |  |
| **Homepage** |  |
| **Course Information** | **Class No.** | TBA | **Course Code** | CUL6056 | **Credits** | 2 |
| **Course Name** | 웨이트 트레이닝 / Weight training |
| **Lecture Schedule** | Mon-Fri / 15:30 ~ 19:00 |
| **Course Description** | The purpose of this course is to understand the basics of weight training and to acquire and improve exercise skills suitable for individuals without injuries. In addition, they learn how to calculate the exercise, exercise intensity, and set it so that they can continue weight training on their own. |
| **Course Objective** | Based on the musculoskeletal diseases experienced or experienced by the learner, the exercise program is designed after learning. After that, the exercise program developed separately is documented so that it can be provided to other students. |
| **Prerequisite** |  |
| **Materials/Textbooks** | Sports wear, shoes |
| **Evaluation** | **Attendance** | 30% | **Quiz** | % |
| **Assignment** | % | **Mid-term Exam** | % |
| **Presentation** | % | **Final Exam** | 20% |
| **Group Project** | 20% | **Participation** | 30% |
| **Etc.** | **Evaluation Item** | **Ratio** |
|  | % |
|  | % |
| **Daily** **Lecture Plan** | **Day 1** | Orientation |
| **Day 2** | Learn How to do Self Myofascia Release (SMR) & The core |
| **Day 3**  | Mobility exercise for Bended back & Rounded shoulder |
| **Day 4** | Mobility exercise for Back pain |
| **Day 5** | Mobility exercise for Shoulder pain |
| **Day 6** | Mobility exercise for Knee pain, Make ankle mobility |
| **Day 7** | Back workout |
| **Day 8** | Lowerbody workout |
| **Day 9** | Chest, shoulders workout |