



IslandFitnessCouncil  
DEVELOPING ACTIVE LIVING LEADERS

## Resistance Training Leadership Course Content

Topic	Time
Course Expectations/Goals and Objectives	1 hour
History of Resistance Training	0.5 hours
Intro to Resistance Training	0.5 hours
Anatomy Review	2 hours
Physiology Review	1.5 hours
Principles of Training and Current Trends	1.5 hours
Safety and Fundamentals in the Weight Room	1.5 hours
Video Review of Chest and Back	0.5 hours
Exercises and Spotting Techniques (Weight Room Session) - Review of Chest and Back	1.5 hours
Biomechanics	1 hour
Methods of Training	1.5 hours
Video Review of Shoulders, Biceps and Triceps	0.5 hours
Exercises and Spotting Techniques (Weight Room Session) - Review of Shoulders, Biceps and Triceps	1.5 hours
Physiological Issues	2 hours
Video Review of Legs and Abs	0.5 hours
Exercises and Spotting Techniques (Weight Room Session) - Review of Legs and Abs	1.5 hours
Contraindicated Exercises in the Weight Room	1 hour
Leadership - Professional Conduct - Communication and Feedback	1 hour
Warm-Up	1 hour
Basic Program Design Concepts	2 hours
Cool Down/Post Workout	1 hour
Review	1 hour
Exam	2 hours
<b>Total Hours</b>	<b>28 hours</b>