

# Weight Room Instruction and Management

*Wednesday evening sessions • March 7-April 4, 2012*

*University of Nevada, Reno • Lombardi Recreation Center*

**Offered by the University of Nevada, Reno in partnership with Washoe County School District**

Weight Room Instruction and Management is a 15-hour course taught in five three-hour modules on the theory and applied science of resistance training for K-12 Nevada teachers and coaches. Basic instruction in exercise physiology, kinesiology and principles of training as they pertain to resistance training will be taught. Participants who complete this in-service course will receive one renewal credit from the Nevada State Board of Education.

- When:** March 7-April 4, 2012; Wednesday evenings, 6-9 p.m.  
March 7, 14, 21 and 28; April 4
- Where:** University of Nevada, Reno, Lombardi Recreation Center
- Instr.:** Jim Fitzsimmons, M.S., assistant director, Campus Recreation and Wellness, University of Nevada, Reno
- Fee:** \$150, includes instructional materials
- Sched. #:** 2122PTE101 (To register, visit [www.extendedstudies.unr.edu](http://www.extendedstudies.unr.edu) and enter "Weight Room Instruction and Management" in the Google™ Custom Search box, or call (775) 784-4062 or 1-800-233-8928.)

Instruction in teaching progressions for the following movements will be included: squat series, press series, dead lift, and clean-and-jerk. All participants will be expected to participate actively and will be required to demonstrate competency in all movements and in teaching the movements.

Weight room management, safety and injury prevention will be included. Instruction in this area will be taught by a physical therapist and athletic trainer.

This is a fast-paced course which will include actively working out in every class session. Participants should bring or wear clothing that will permit them to engage in physical activity.

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**This course may be taken independently and requires no formal admission to the University.**

**For more information about registering for Weight Room Instruction and Management, please contact Sheehan Niethold, (775) 784-4046 or 1-800-233-8928, or email [sniethold@unr.edu](mailto:sniethold@unr.edu).**

**For information about Extended Studies continuing education and professional development courses and certificate programs or to request the Fall 2011 Extended Studies Course Catalog, call (775) 784-4046 or 1-800-233-8928, or visit [www.extendedstudies.unr.edu](http://www.extendedstudies.unr.edu).**

**Early registration is encouraged.**

**Register today!**

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