

DEPARTMENT OF KINESIOLOGY
PHAC 3040 RESISTANCE TRAINING FOR HEALTH & PERFORMANCE

Hypertrophy Training Assignment 1
5% of Final Grade

Due: Hard Copy May 31, 2018 9:00 AM
(No late assignments will be accepted)

In class, you will have an opportunity to try 2 very different Hypertrophy Training Programs: German Volume Training and Escalating Density Training.

For the assignment, you must complete ALL programs, and then provide me with a short paragraph on which one was your favourite and why.

Please note: For completion of programs, you will be marked on your overall effort...not just showing up to class.

Assignment will be typed and include a copy of your Hypertrophy Training Programs Handout that you completed in class. Also make sure to include an opening and closing paragraph.

1. German Volume Training
2. Escalating Density Training

Evaluation of Assignment:

4.5 marks for participation/completion of programs/group discussion
4 marks for paragraph (clear and concise)
1.5 marks Intro/Conclusion

Total = 10 marks (5% Final Grade)