

EFFECTS OF A TWO WEEK COLLEGE WEIGHT TRAINING COURSE ON BODY WEIGHT, POWER, AND STRENGTH

McNamara, J. St. Francis College, Brooklyn Heights, NY

jmcnamara@sfc.edu

PURPOSE: The purpose of this study was to determine the effect of a 2 week/2credit summer semester beginner weight training class on changes in body weight, standing broad jump power, and bench press strength. **METHODS:** Eleven subjects, 7 males and 2 females were used in a one group pretest posttest pre-experimental design. The workout program consisted of: aerobic endurance training, as well as free weight and machine exercises for both upper and lower body.

RESULTS: T-test results showed that there were no significant differences in pretest and posttest scores of body weight ($t=.645(8)$, $p=ns$), standing broad jump ($t=-.531(8)$, $p=ns$) and bench press strength ($t=-1.317(8)$, $p=ns$).

Dependent Variable	Mean Pretest	Mean Posttest
Body Weight (kg)	67	67
Standing Broad Jump (cm)	164	166
Bench Press (kg)	55	57

CONCLUSION: Two weeks of exercise has no statistically significant effect on changes in body weight, power, or strength. The value of such an academic course must therefore be established by the curriculum. Teaching students the principles of lifelong health, fitness and wellness is paramount.