

**Weight Training
Using
Free-Weights**

070100

**An Undergraduate Thesis
Presented to the
Department of Mathematical Sciences
and
Computer Studies
De La Salle University - Dasmariñas
Dasmariñas, Cavite**

**In Partial Fulfilment
of the Requirements for the Degree
Bachelor of Science in Computer Science**

**Marco Antonino M. Juan
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ABSTRACT

NAME OF INSTITUTION : De La Salle University - Dasmariñas

ADDRESS : Dasmariñas, Cavite

TITLE : Weight Training Using Free Weights

AUTHOR : Marco Antonino M. Juan

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DATE STARTED : December 1996

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OBJECTIVES OF THE STUDY :

A. GENERAL:

To develop a simple CAI entitled "Weight Training Using Free Weights" as a supplement in fitness and health

B. SPECIFIC:

1. To be able to create another resource in weight training using free weights.
2. To be able to compile and present basic free weight exercises.
3. To be able to make a weight training material that would be accessible even for common people who are unfamiliar with weight training.

SCOPE AND COVERAGE :

✓ The study contains basic exercises using free-weights (non-machine equipment) involving the different muscle parts of the body such as abdominals, arms, back, calves, chest , shoulders, and thighs.

It also includes basic exercise program that contains the number of repetitions and sets to be followed as a guide for the beginners. ✓

METHODOLOGY :

Prototyping method was used in developing the study. It exploits advances in computer technology and uses powerful high level software tools. These software packages allow analysts to build quick systems in response to user needs. One of the key advantages of the programming languages was that they could be used to produce something quickly. The systems produced can be refined and modified as they are used, in a continuous process, until the fit between user and system is acceptable.

OUTPUT OF THE STUDY :

A CAI on weight training using free weights was developed to demonstrate the concept of this study by showing muscle exercises involving the different parts of the body. It serves as another supplement for fitness and health.

✓ The software was made to run in a Windows 95 based environment. ✓

CONCLUSIONS :

CAI is a powerful tool in building systems like the Weight Training Using Free-Weights because it supplements the users on the basic muscle exercises in the different parts of the body. The objectives were met but need improvement.

RECOMMENDATIONS :

The proponent did not intend to surpass the existing magazines, books, and other medium in weight training but rather to introduce another supplementary sources or material for the purpose of weight training.

Development in graphics, animations, sounds, network, etc. may greatly improved system performance.

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