

Smart Strength Training

ESS 230: Advanced Strength Training

- Regular training: sessions every week, multiple times per week.
- Alternate weights: Exercise a number of different muscles in a session, don't spend too much time with one exercise.
- Alternate types of exercise during week: on off days, work on cardio exercises.
- Do not let weight lifting sessions go too long.
- Don't just look at the weights, that won't do anything.
- Don't cram, that will hurt you.

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- Regular sessions: study every week.
 - This is more productive (takes less total studying time).
 - Leads to long-term memory (you'll remember for the final, next class).
- Alternate topics and types of exercises
 - Don't spend a whole session on one topic.
 - Don't spend whole session on one method, change it up (review notes, practice problems, test yourself, etc).
- Alternate courses during week.
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- If reviewing notes or textbook, only do it briefly.
 - *Recognition Fallacy*
- Test yourself: take practice tests, make or find your own practice questions.
- Take notes from your book, or take notes from your notes.
- Don't study isolated facts.
 - Don't focus on terms, highlighted material, etc.
 - This leads to little comprehension.
- When to best review notes: *Right after class!! Do it within hours, same day!!*
- Change location.
- Do not "multitask." Human brain is not efficient at changing tasks.
 - No TV, radio, computer, text messaging, facebook, etc.
- Postpone pleasurable activities.

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Dr. Stephen Chew, a Cognitive Psychologist at Samford University explains to college students how the mind works (and doesn't work) to effectively learn.

<http://www.youtube.com/playlist?list=PL85708E6EA236E3DB>