

The first of two articles

New theory in weight training

by Ashley Prest

The weight room in the Physical Education Building is sure a popular place these days!

Lou Arevalo can vouch for that. Arevalo is a fourth-year Phys. Ed. student here at the U of A and he is advocating weight training for fitness.

Arevalo currently serves as the Education Officer in the U of A weight training club and instructs on-campus weight training clinics for men and women.

Arevalo has noticed that interest in this field of fitness is on the upswing: weight training has grown to be the new fitness mode for the '80s. The demand for instruction in weight training is booming and participation in the U of A weight room alone, particularly on the Nautilus equipment, has increased by more than fifty percent since September of 1983.

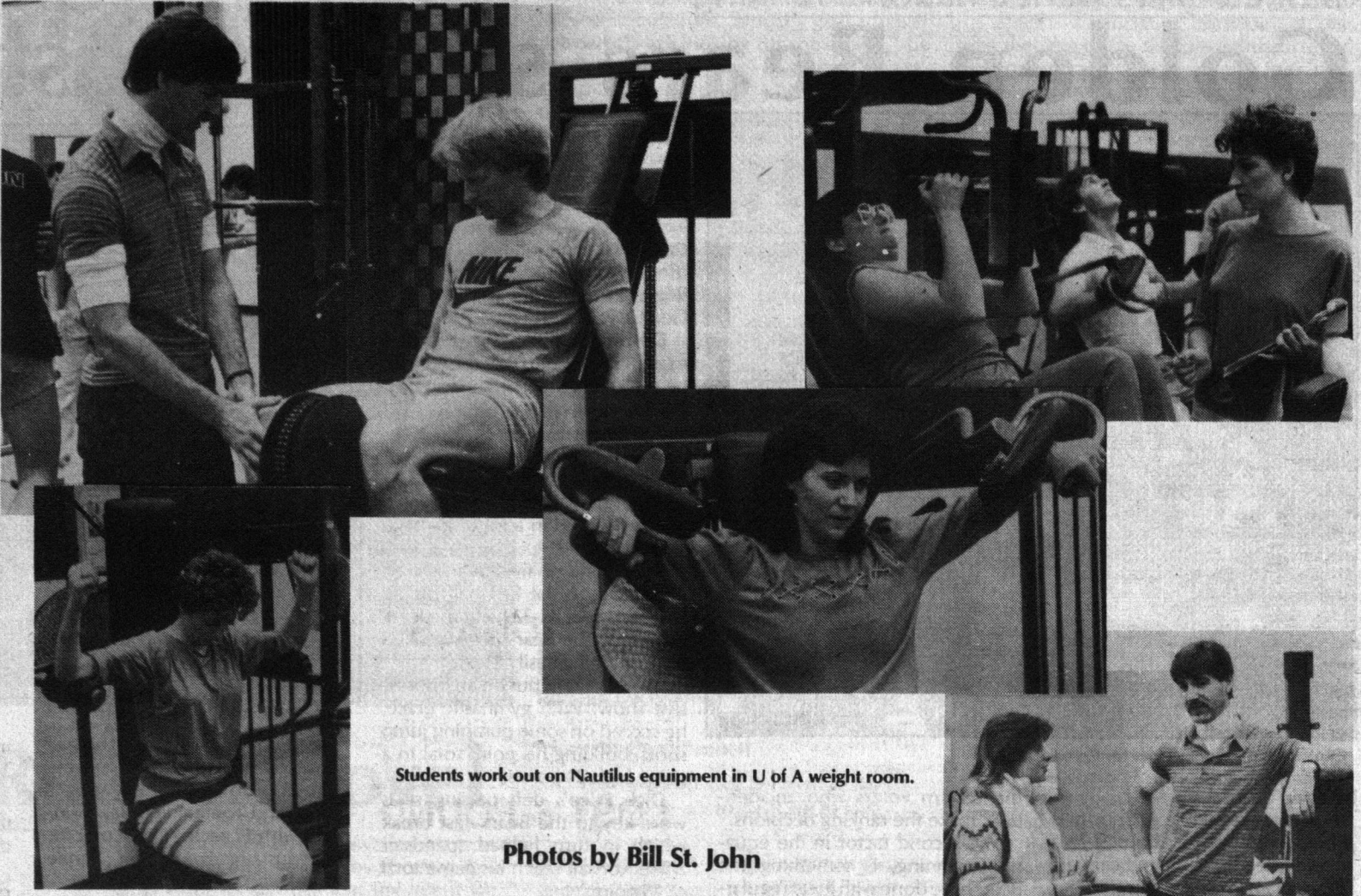
The weight room is certainly accessible enough — open 7 am to 10 pm weekdays and 9 am to 4 pm on weekends. If you frequent the weight room, you've probably seen Arevalo in there. He spends a great deal of time working with weight trainers for fitness.

Surprisingly enough, most of the newcomers filling up the weight room are women: women who want to improve their level of fitness. Arevalo, however, has been disappointed to discover the many misconceptions which have surfaced since women took up the sport. The most common misunderstanding is that if a woman weight trains she will end up looking like Conan the Barbarian.

"Wrong," says Arevalo. "Women do not have the genetic potential to build super-muscles. They lack the large quantities of the male growth hormone testosterone. What women can do is gain muscle strength."

Weight training for fitness is not body building. A woman just wants to tone her muscles so she's not flabby anymore. To this Arevalo says, "A muscle that is weak, flabby and out of condition is only toned by strengthening it. The quickest way to tone a muscle is to strengthen it by lifting heavy weights, not by using little dumbbells and performing endless repetitions."

A "heavy weight" is the heaviest weight that you can do 10 to 15 repetitions with; there is no specific weight which defines a heavy weight. Using light weights to perform numerous repetitions means more weeks or months to feel any significant improvement.



Students work out on Nautilus equipment in U of A weight room.

Photos by Bill St. John

In his involvement with weight training, Arevalo has noticed that time is a big factor for anyone who wants to get fit. People want to get fit the quickest way possible and he has some very definite ideas about that.

"If the person is properly instructed, has warmed up adequately and possesses a working knowledge of the equipment, lifting heavy weights will not be harmful and will bring the fastest improvement in toning," he said.

In the past, the general practice for serious body builders has been to do a minimum of three sets of 10-15 repetitions with each type of weight they use in their programs.

Arevalo wondered if all this work and time was necessary to achieve a desired level of fitness. This is the idea of "training efficiency" which Arevalo defines as "getting the maximum but without having to put in endless hours, endless months or both to achieve your goals."

Obviously, you could get in there and pump like mad and get some

respectable results but this would probably take immeasurable amounts of time to attain. Then again, you could cruise in, hustle through some little routine and wait a long time to see any improvement.

Arevalo feels there is a trade-off somewhere in between. He has formulated a hypothesis which he is now testing. Lou wants to see if one set (of repetitions) of heavy weights is as good as three sets to achieve an improvement in muscle

strength would mean better toned muscles and thus a decrease in body fat. Arevalo wondered if three times the amount of work would mean three times the results; how little work and time could a person put in to achieve the same results?

With this idea in mind, Arevalo began a study using the weights from three different facilities, one of which was in Commonwealth Stadium. Under Arevalo's instruction, 37 women at this facility were put on the same type of weight training program. Half of them did

three of each exercise and the other half did one.

The study took ten weeks to complete, but Arevalo has the results in and they are astonishing. Check Thursday's paper for Arevalo's findings.

Weight training will not make you into an instant beauty or give you an immediate gorgeous body, but according to Arevalo, "What people can do, male or female, is improve what they've got."

And isn't that what fitness is all about?

Bears pin Huskies to mat

The 1984-85 Golden Bear Wrestling team captured its first tournament of the season in Saskatoon last weekend. A strong performance from a team missing six of 12 starters, including CIUA medallists Mike Payette, Brad Chestnut and Phil Spate, had assistant coach and former Bears captain Mark Yurick wildly enthusiastic.

"We beat the Huskies, defending CWUAA champions, in

their own backyard and should be ranked one of the top five teams in the country," said Yurick.

Two freshmen, Vang Ioannedes and Tony Bacon wrestling 112 and 119 pounds respectively, each put in their best effort of the year to win their first event as Golden Bears. Sophomore Carl Soderstrom also wrestled up to form and easily handled the 177 pound weight category.

A number of other Bears wrestled

well in the invitational including John McMullin (second), Mike McBeth (third), Arnold Payment (third), Barry Anderson (third), Andrew Holmes (fourth), Dave Elwood (fourth) and club member Sean Holmstrom (second).

The wrestlers' pre-Christmas tournament schedule is now complete with their next event being the University of Alberta Invitational on Jan. 12, 1984.



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