

Weight Training

Course Outline

Course Description:

The weightlifting class is designed to provide each student with the knowledge needed to understand the importance of strength and fitness training. The emphasis in this course is on muscular strength, endurance and flexibility. Weight room safety, warm-up/cool down procedures, lifting technique and safety for all lifts, major muscle identification, and individual goal setting are also important components in this course.

Objectives:

- The student will improve their muscle strength and endurance through weight training exercises.
- The student will gain knowledge of equipment and safety procedures with free weights and machine weights.
- The student will recognize the benefits of regular physical activity and see first hand the effects on themselves through class participation.
- The student will gain knowledge of developing a weight-training program and training principles.

Evaluation Tools:

Grades will be based on the following:

- *attendance
- *active participation
- *proper PE attire (see PE contract)
- *points earned on performance and written tests