

Weight Training

Spring 2020

Weight Training Course Description: The Weight Training course will enable the student to develop and utilize a scientifically based weight program, along with other activities, to improve athletic fitness. Units covered in this course will include muscle structure and function, strength training fundamentals, program organization, lifting techniques, and other special consideration. Various individual activities, such as plyometrics and stretching, and group activities will be used throughout the course to enhance physical performance. Each student is required to dress out every day for daily participation points.

Big Ideas:

1. I will understand the basic fundamentals of strength training.
2. I will know how to safely use weight lifting equipment.
3. I will learn the proper spotting techniques.
4. I will learn the importance of self-motivation.

ELO's

Essential Learner Outcome Description Standards:

1. Students will learn safety strategies in the weight room. MP1E9a
2. Students will learn and perform a variety of lifts. MP2A9a
3. Students will chart strength improvement. PA1C9a
4. Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness. HPE4a
5. Identify the major muscle groups that are engaged during specific exercises and activities. HPE1d
6. Show personal etiquette, respect, and safety skills during physical activities. HPE2a
7. Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries. HPE4a