

## ASD Academic Plan

### Physical Education: Weight Training, Advanced

<b>Grade Level: 9-12 grade</b>	<b>Course Description:</b> This course is designed to build on the concepts introduced in basic weight training. Students are challenged to improve their existing level of fitness. Students will design and implement a safe and effective personal strength program. Students continue their study of health-related fitness concepts and basic nutrition principles as they relate to weight training. Repeatable unlimited times.
<b>Length: Semester</b>	
<b>Prerequisites: Weight Training, Basic</b>	
<b>Repeatable for additional credits: Unlimited</b>	

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Use correct terminology for equipment and identify proper safety procedures for using weight equipment.	Experience a variety of weight training methods used to develop muscular strength and endurance, which may include constant-set method, failure method, circuit training, super sets, etc.
Demonstrate proper lifting and breathing techniques for all primary exercises, as well as proper spotting techniques for each.	Describe the principles of overload, progression, and specificity as related to weight training.
Understand the benefits of weight training.	Improve muscular strength, muscular endurance and flexibility through participation in class workouts.
Define the difference between muscular strength and muscular endurance, and identify weight-training methods for each.	Identify common misconceptions and health risks pertaining to weight training, such as over-training or the use of anabolic steroids.
Understand the use of loads, repetitions, sets, and rest periods pertaining to weight training.	Acquire an understanding of community resources and career opportunities related to weight training.
Improve muscular strength, muscular endurance and flexibility through participation in class workouts.	Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition and stress management.
Design a personal whole body weight-training program that meets individual needs and interests.	Assess current personal fitness levels and set goals.
Assess current personal fitness levels and set goals.	Assess weight training in terms of fitness value.
Identify the major muscle groups and their application to weight training.	
Demonstrate an understanding of sound nutritional practices as related to health and physical performance.	