## Physical Education: Weight Training, Advanced

<table>
<thead>
<tr>
<th>Grade Level: 9-12 grade</th>
<th>Course Description: 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length: Semester</td>
<td><strong>Prerequisites:</strong> Weight Training, Basic</td>
</tr>
<tr>
<td>Repeatable for additional credits: Unlimited</td>
<td></td>
</tr>
</tbody>
</table>

## Learning Outcomes At a Glance

### QUARTER 1

- Use correct terminology for equipment and identify proper safety procedures for using weight equipment.
- Demonstrate proper lifting and breathing techniques for all primary exercises, as well as proper spotting techniques for each.
- Understand the benefits of weight training.
- Define the difference between muscular strength and muscular endurance, and identify weight-training methods for each.
- Understand the use of loads, repetitions, sets, and rest periods pertaining to weight training.
- Improve muscular strength, muscular endurance and flexibility through participation in class workouts.
- Design a personal whole body weight-training program that meets individual needs and interests.
- Assess current personal fitness levels and set goals.
- 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.

### QUARTER 2

- 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.
- Describe the principles of overload, progression, and specificity as related to weight training.
- Improve muscular strength, muscular endurance and flexibility through participation in class workouts.
- Identify common misconceptions and health risks pertaining to weight training, such as over-training or the use of anabolic steroids.
- Acquire an understanding of community resources and career opportunities related to weight training.
- Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition and stress management.
- Assess current personal fitness levels and set goals.
- Assess weight training in terms of fitness value.

2/24/14