

Weight Training

<p>Academic Standard #7 Each student will have demonstrated competent skills in a variety of physical activities and sports, physical fitness, knowledge of factors important to participation in physical activity, and concepts related to health.</p>
<p>#7.1 Movement Competence and Understanding</p>
<p>#7.2 Physical and Personal Wellness</p>
<p>#7.3 Emotional and Social Wellness</p>
<p>#7.4 Prevention and Risk Management</p>

Description

This course is designed for the intermediate to advanced weight trainer. Students will learn how to use equipment to target specific muscle groups for increasing strength, agility, coordination, power, speed and muscular toning. The students will also explore nutrition and goal setting as it applies to weight training.

Time Allocation
 90 minutes per day

Texts/References

The New Encyclopedia of Modern Bodybuilding
Strength Training Anatomy
Complete Conditioning for Football
 Periodicals relating to weight training
Training for Speed, Agility and Quickness
High-powered Plyometrics
Sports Speed
Bigger Faster Stronger: The Proven System for Building Athletes
Foundations of Fitness
Concepts of Physical Fitness
Diets Designed for Athletes

Assessments

Formative Assessments
 Pre-tests
 Chapter quizzes
 Fitness Tests (pre and post-tests)

Summative Assessments
 Participation observation
 Unit tests
 Final test

Grades and Achievement Levels
 Grades based on participation, tests/quizzes, completion of assignments, and quality of work.

Course Expectations: Weight Training

Standard #7.1 Movement Competence and Understanding	Standard #7.2 Physical and Personal Wellness	Standard #7.3 Emotional and Social Wellness	Standard #7.4 Prevention and Risk Management
<ul style="list-style-type: none">• Understanding of the cognitive impact of movement• Application of rules, principles, and concepts to weight training	<ul style="list-style-type: none">• Establishing goals based on assessment data, and develop, implement, achieve, and monitor an individual weight training plan• Identifying community resources to maintain lifelong physical activity	<ul style="list-style-type: none">• Demonstration of respect for individual differences in physical activity settings• Demonstration of collaboration, cooperation, and leadership skills• Demonstration of responsible behavior in group settings	<ul style="list-style-type: none">• Understanding the risks and safety factors that may affect participation in weight training

Evidence Outcomes: Weight Training

<p>Standard #7.1 Movement Competence and Understanding</p>	<p>Standard #7.2 Physical and Personal Wellness</p>	<p>Standard #7.3 Emotional and Social Wellness</p>	<p>Standard #7.4 Prevention and Risk Management</p>
<ol style="list-style-type: none"> 1. Identified, explained, and applied the skill related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels 2. Explained and demonstrated training and conditioning practices that have the greatest impact on skill acquisition 3. Demonstrated ability to combine and perform movement sequences 4. Explained the principles of weight training 5. Used internal and external information to modify movement during performance 6. Define and apply the F.I.T.T. formula as it relates to weight training 7. Described the various resistance exercises for specific muscle groups 8. Assessed technique used in various weight training activities 	<ol style="list-style-type: none"> 1. Designed and participated in activities that improve all components of health-related fitness 2. Assessed the components of health related physical fitness 3. Examined fitness assessment data, and develop a plan to show personal improvement toward achievement of weight training and athletic performance goals 4. Planned an extended personal physical fitness program in collaboration with an instructor 5. Identified and accessed physical activity opportunities in the communities 6. Evaluated the availability and quality of fitness resources in the community 7. Participated willingly in weight training activities that contribute to the attainment of personal goals and the maintenance of wellness 8. Explained the benefits of participation in weight training 9. Participated in a variety of self-selected weight training activities, and evaluates the value of each as it relates to personal weight training goals 10. Demonstrated appropriate knowledge of basic nutrition 11. Demonstrated appropriate knowledge of basic anatomy 	<ol style="list-style-type: none"> 1. Acknowledged the performance of others, regardless of the outcome 2. Participated with others in all types of weight training activities, regardless of their race or ethnicity, gender, or culture 3. Practiced conflict management and listening skills in a competitive atmosphere 4. Contributed to group success through a variety of noncompetitive roles 5. Initiated responsible behavior, and function independently and cooperatively 6. Influenced positively the behavior of others in physical activity settings 7. Abided by the decisions of officials, accept the outcome of the game, and show appreciation toward participants 	<ol style="list-style-type: none"> 1. Described and demonstrated the correct use of equipment for a variety of weight training activities 2. Identified and applied principles from biomechanics and exercise physiology necessary for safe performance of physical activities 3. Demonstrated proper spotting techniques for all lifts and exercises that require spotting 4. Inspected equipment and facilities for safety hazards prior to participation 5. Explained strategies for the prevention of injuries when engaging in weight training activities 6. Described emergency procedures for a physical education setting 7. Demonstrate proper technique when performing weight training exercises for specific muscle groups

Evidence Outcomes: Weight Training continued

Standard #7.1 Movement Competence and Understanding	Standard #7.2 Physical and Personal Wellness	Standard #7.3 Emotional and Social Wellness	#7.4 Prevention and Risk Management
	<ul style="list-style-type: none">12. Identified primary muscle groups used in weight training exercises13. Improved level of muscular strength and endurance	<ul style="list-style-type: none">11. Compared and contrasted different leadership skills required in a variety of physical activities, and weight training12. Engaged in physical activity with others13. Displayed empathy toward the feelings of, others during physical activities14. Accepted the diversity and individual differences in participation in physical activity15. Accepted the roles of group members within the structure of a game or activity	