

ASD Academic Plan

Physical Education: Weight Training, Basic

Grade Level: 9-12 grade	Course Description: The purpose of this course is to promote the development o muscular strength and endurance and to enjoy the benefits of regular physical activity. Students learn to identify the major muscle groups and how to increase the performance of each through weight lifting and how to stabilize the body core. The discussion and practice of weight lifting techniques and principles guide students toward the eventual implementation of a personal fitness program. The primary class activity involves regular conditioning exercises supported by lecture and discussion.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Repeatable unlimited times.	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Use correct terminology for equipment and identify proper safety procedures for using weight equipment.	Define the difference between muscular strength and muscular endurance, and identify weight-training methods for each.
Demonstrate proper lifting and breathing techniques for all primary exercises, as well as proper spotting techniques for each.	Understand the use of loads, repetitions, sets, and rest periods pertaining to weight training.
Understand the benefits of weight training.	Improve muscular strength, muscular endurance and flexibility through participation in weight training.
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.	Identify common misconceptions and health risks pertaining to weight training, such as over-training or the use of anabolic steroids.
Describe the principles of overload, progression, and specificity as related to weight training.	Have the knowledge to design a personal whole body-training program that meets individual needs and interests.
Identify and apply injury prevention principles related to weight training.	Acquire an understanding of community resources and career opportunities related to weight training.
Assess current personal fitness levels and set goals.	Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition and stress management.
Identify the major muscle groups and their application to weight training.	Assess weight training in terms of fitness goals.