

PE Beginning Weight Training & Fitness

Overview (10 – 12)

Beginning Weight Training & Fitness is a course designed to provide students the opportunity to learn weight training concepts and techniques used for obtaining optimal physical fitness. Students will benefit from comprehensive weight training and cardio respiratory endurance activities. Students will learn the basic fundamentals of weight training and conditioning. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. With the help of the instructor, each student shall develop individual goals and objectives relative to the class. Instruction will be given towards an emphasis in correct spotting and safety procedures.

Necessary Skills

Upon entering the course, students should be able to:

- Demonstrate independent learning of movement skills.
- Develop personal goals to improve performance in weight training and fitness.
- Identify and analyze weight training and fitness activities that enhance personal enjoyment.
- Analyze the role of social interaction in the successful participation and enjoyment of participating in weight training and fitness activities.
- Display safe and responsible behavior while training

Workload Expectations

- Be prepared for baseline physical assessments designed for the purpose to evaluate performance indicators.
- Be prepared to participate independently as well as in groups during class activities.
- Be prepared to observe and analyze the techniques of another while lifting (or yourself through video).
- Develop and/or use a personal physical fitness log to take notes and record all workout data on a daily basis.
- Meet physical fitness standards that exceed those of the State-mandated test.
- Be prepared to assist others in achievement of their fitness goals.

Level of Difficulty: Challenging

Recommended Preparation

Students who have earned a pattern of As and Bs in prior general physical education courses should consider enrolling in Beginning Weight Training & Fitness. All participants must understand the consequences and inherent dangers involved with improper technique or utilization.

Estimated Homework

Homework includes 2/3 of the workload. Homework frequently includes practicing proper consumption of adequate nutrient dense foods along with and practicing therapeutic restorative techniques. Students are also encouraged to research strength training concepts and practices through reading and watching videos at their leisure. The time constraints at home are minimal.

Course Objectives

This course is designed to evaluate strategies to develop personal levels of health related components of fitness including muscular strength, muscular endurance, cardiorespiratory endurance, and flexibility. Each student-athlete is required to participate in all class activities.