

West Linn–Wilsonville School District
Health & Physical Education – Course Statement

<u>Course Title: Weight Training I</u>	
Length of Course:	Semester
Number of Credits:	1
Grade Level:	9, 10, 11, 12
Prerequisites:	None
CIM Work Samples Offered in Course:	None
Date of Description/Revision: 2001	

Course Overview	
<p>Students in this course will learn and use safe and correct weight lifting and training to develop muscular strength, muscular fitness, and total body symmetry. An individual program will be designed for each student. Activities will include personal assessment, goal-setting, instruction in weight room safety and spotting, individual training, individual testing, and a record keeping folder. Students are evaluated on completion of daily workouts, strength and fitness development and/or improvement, knowledge of basic principles and techniques of weight training as they affect human physiology, and completeness of record keeping (portfolio).</p>	
Essential Questions	Concepts providing focus for student learning
<ul style="list-style-type: none"> • What is the value of exercise? • How do you develop a value for safety? 	
Proficiency Statements	
<p>Upon completion of course, students will:</p> <ul style="list-style-type: none"> • Know the rules of safety in a weight room, as stated by the National Strength and Conditioning Association. • Understand the goal setting process as it relates to weight training and will set realistic goals for improvement for all fitness components. • Understand the basic anatomy and physiology of the human muscular system as it relates to weight training; they will know the basic muscle groups that are being strengthened by each weight training exercise being performed. • Demonstrate the proper lifting technique (including proper breathing and spotting) for each weight training exercise; particular attention will be given to the squat, bench press, and power clean. • Understand the use of proper lifting technique as it applies to safety in their daily lives, e.g. application of lifting technique as prevention for injuries to the lower back. • Understand the weight training “principles of overload” that contribute to the development of muscular strength and endurance. • Understand the connection between optimum levels of physical fitness and total individual well-being; they will be more aware of the high correlation between body image and self-esteem and 	

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	<p>the positive effect on self-esteem that comes from accomplishing difficult tasks and overcoming adversity.</p> <ul style="list-style-type: none"> Understand that the process of assessment, goal-setting, training, record keeping, and evaluation, which they practice in this class, is a process which they can apply to other aspects of their life, including academic classes and career skills acquisition.
<p>General Course Topics/Units & Timeframes</p>	
	<ul style="list-style-type: none"> A. Introduction to strength testing B. Proper lifting and spotting techniques for basic exercise C. Preparatory lifting phase of training cycle D. Strength and power phase of training E. Goal setting F. Development of personal weight training program G. Post testing and evaluation
<p>Resources</p>	
	<ul style="list-style-type: none"> Computer Program: <i>Stiggens 9 Week Intensity Workout</i>