

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

<u>Course Title: Weight Training II</u>	
Length of Course:	Semester
Number of Credits:	1
Grade Level:	10, 11, 12
Prerequisites:	Weight Training I
CIM Work Samples Offered in Course:	None
Date of Description/Revision: January 2004	
Course Overview	
<p>This is a higher level course in the area of weight training that includes advanced techniques and theories not explored in beginning weight training courses. The purpose of this course is to reinforce a deeper understanding of nutritional philosophies, resistance training theories, warm-up and cool-down methods, and goal-setting techniques used in higher physical education. In addition, this course will drive the understanding of these principles so that they may be integrated into a general fitness focus for life.</p>	
Essential Questions	Concepts providing focus for student learning
<ul style="list-style-type: none"> • How does resistance training fit in a healthy lifestyle? • How does regular nutrition differ from performance nutrition? • How can goal-setting help one achieve success? • How does “Progressive Overload” differ from “Volumization Technique”? • How do the warm-up and cool-down techniques used in class help to increase performance? • What are the basic safety techniques used in the weight room? • What are the basic landmarks for perfect form on all of the “Core Lifts”? • How can training for neuromuscular balance help avoid injury? • How do the classic “Olympic Lifts” differ from regular resistance training? • What are the benefits of classic “Olympic Lifts” when compared to regular weight training? 	
Proficiency Statements	
<p>Upon completion of course, students will:</p> <ul style="list-style-type: none"> • Learn to evaluate and demonstrate the proper form of the classic “Olympic Lifts” (Clean and Jerk, Snatch). • Learn to evaluate and demonstrate the proper form of the standard “Core Lifts” (Bench, Incline, Push Press, Squat, Dead Lift). • Understand the use of “Progressive Overload” to increase strength. 	

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- Understand the use of “Volumization Technique” to increase strength.
- Understand how to use athletic nutrition principles and how to easily apply them in daily life.
- Learn to evaluate and demonstrate the proper warm-up and cool-down methods.
- Learn to evaluate and demonstrate proper stretching technique between sets for maximum recovery and injury prevention.
- Understand proper goal-setting techniques.
- Demonstrate a proficiency in all of the above techniques and theories by creating an end of the semester portfolio. Portfolio must include:
 - A 5-week personal performance diet plan using the suggested approach.
 - All workout cards that have been completed.
 - A 5-week workout plan created by the student that demonstrates a continuation of proper goal-setting, “Volumization /Overload Techniques”, warm-up and cool-down methods.
- 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 the positive effect on self-esteem that comes from accomplishing difficult tasks and overcoming adversity.
- Understand that the process of assessment, goal-setting, training, record keeping, and evaluation, which they practice in this class, is one which they can apply to other aspects of their life, including academic classes and career skills acquisition.

General Course Topics/Units & Timeframes	
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Introduction to Class

- Review safety and spotting techniques
- Review warm-up/cool-down methods, stretches between sets
- Receive nutrition logs, goal-setting handout
- Practice form work on basic lifts: Bench, Parallel Squat, Power Clean, Dead Lift, Push Press, Pull-Up, Hanging Row

Begin Program

- Use these lifts for program: Bench, Parallel Squat, Power Clean, Dead Lift, Push Press, Pull-Up, Hanging Row
- Receive lecture on “Progressive Overload”
- Turn in nutrition log
- Turn in goal-setting handout
- Review food pyramid – how this can be used in athletics
- Receive introduction to Front Squat and Overhead Squat
- Practice Front Squat and Overhead Squat

Continue Program

- Receive lecture on “Volumization Method”
- Add Front Squat and Overhead Squat to program
- Receive introduction to Clean Pull, Snatch Pull, and Jerk Press
- Practice Clean Pull, Snatch Pull, and Jerk Press

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Continue Program

- Take vocabulary/"Progressive Overload" test
- Add Clean Pull, Snatch Pull, and Jerk Press to program
- Receive introduction to Hang Power Clean and Hang Power Snatch
- Receive introduction to Full Snatch and Full Clean w/Jerk
- Practice Full Snatch, Full Clean w/Jerk, Hang Power Clean, and Hang Power Snatch

Testing for Theoretical One Repetition Maximum for Lifts

- Individual presentation on Power Clean
- Review and reset goals and food log
- Add Hang Power Clean, Hang Power Snatch, Full Snatch, and Full Clean w/Jerk to program
- Revise cards for new program

Begin Program with Revised Card

- Individual presentation on Full Snatch
- Use "Volumization Method" for Parallel Squat, Bench Press, Hanging Row, and Pull-Ups

Continue Program

- Take "Volumization Method" quiz
- Receive lecture on portfolio requirements
- Begin portfolio collection
- Begin film analysis of individual technique on Full Clean w/Jerk and Full Snatch

Continue Program

- Continue film analysis of individual technique on Full Clean w/Jerk and Full Snatch
- Continue portfolio collection/work

Testing for Theoretical One Repetition Maximum for Lifts

- Turn in portfolio
- Finish testing for One Repetition Maximum for Lifts

Resources

- Computer Program: *Stiggins 9 Week Intensity Workout*