

# Advanced Weight Training

## Course Description

This course is a continuation of beginning weight training. Advanced technical lifts will be used to expand students' knowledge on how the muscles perform and the effects exercise has on the body. Students will apply these principles to develop an individual fitness plan and work towards their goals during class time. Students develop responsible behavior and work ethic through daily independent workouts.

## Standards

### Essential Standards

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| 1. | The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. |
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### Important Standards

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| 1. | The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement |
| 2. | The physically literate individual exhibits responsible personal and social behavior that respects self and others.      |