

Beginning Weight Training

Course Description

Beginning weight training will give students the knowledge and experience to feel comfortable strength training using free weights, machines and body weight exercises. Students will understand how the muscles perform and the effects exercise has on the body. Application of these principles will be used in developing an individual fitness plan. A general introduction to the weight room, as well as weight training safety and etiquette are all a part of this course. Students develop responsible behavior and work ethic through daily independent workouts.

Standards

Essential Standards

1.	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
2.	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement.

Important Standards

1.	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
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