



Course Title: Weight Training

Course Description:

This course introduces students to the fundamentals of weight training, emphasizing proper technique, safety protocols, and principles of exercise science. Students will learn various resistance training exercises and workout routines.

Course Objectives:

- 1. Understand the basic principles of weight training.**
- 2. Demonstrate proper techniques for various weightlifting exercises.**
- 3. Understand and apply safety and injury prevention principles in weight training.**
- 4. Explore the relationship between weight training and overall health and fitness.**

Topics:

Introduction to Weight Class

- Overview of weight training principles**
- Equipment orientation and safety guidelines**
- Warm-up and stretching techniques**

Exercise Techniques

- Proper form and technique for basic exercises (e.g., squats, deadlifts, bench press)**
- Understanding muscle groups and targeting specific areas**

Nutrition and Recovery

- Importance of nutrition in weight training**
- Strategies for post-workout recovery and rest**

Advanced Techniques

- Advanced exercises and variations**
- Incorporating resistance bands, kettlebells, and other equipment**

Fitness Assessments and Progress Tracking

- Conducting fitness assessments (e.g., strength tests, body composition)
- Tracking progress and making adjustments to workout programs

Required Materials:

- Athletic attire and appropriate footwear - Must be closed-toed TENNIS SHOES.
 - No closed-toed flip-flops
 - No closed-toed slippers
 - No closed-toed crocs
 - No closed-toed Hey Dudes

Grading:

Each class day is worth 20 points. Ten points are earned for dressing out, and 10 points are earned for class participation.

Lifting on Game/Meet/Match Day:

You must participate in class to receive 20 points for the day. I will alter the workout if you have a game, meet, or match that day.

Opt-outs:

If you do not participate in class due to an injury, sickness, or an unforeseen circumstance without a doctor's note or note from the administration, you will receive a 0 for the day.

Do's and Don'ts:

Do not have your cell phone or headphones in class.

Do respect the equipment; it was all purchased by your community. Many good people helped fund this weight room, and we all should treat it as a gift because most high schools do not have a weight room as nice as this one.

Do not be in the locker room unless it is the first 10 minutes of class or the last 10 minutes of class.

Do try to make the best out of the class, try to learn, try to set goals and better yourself, do not be a minimalist.

40 Points for Turning In:

Parent Signature: _____ Date: _____