

NORTH PAULDING HIGH SCHOOL

PHYSICAL EDUCATION

WEIGHT TRAINING/ ADVANCED WEIGHT TRAINING

FALL/SPRING

I. INSTRUCTORS: Coach Hines, Coach Young, Coach Bryant

II. COURSE DESCRIPTION:

This course is designed for the student with little or no weight training experience to experienced lifters. Emphasis is placed upon acquiring basic knowledge in strength development training and proper lifting techniques. Includes fitness concepts for the development of healthy lifetime habits and assessment of personal fitness levels through fitness testing.

III. CONTENT: Cognitive, skill, and social

IV. OBJECTIVES:

Explains the functions of the types of muscular tissue (*smooth, striated, cardiac*)

Explains the types of muscle actions including: *flexion, extension, abduction, adduction, rotation, and hyperextension*.

Explains the various roles which muscles play including: *isometric, isokinetic, isotonic/ concentric, eccentric*.

Discusses chemical changes during muscle contraction including: *oxygen demands, oxygen debt, aerobic training, and anaerobic training*.

Discusses the special features of muscular function including: *hypertrophy, atrophy, strength, endurance, power, speed, efficiency*.

Discuss the concept of progressive weight training.

Discuss the difference between *weight training, power lifting, and body building*.

Identify the major muscle groups and their functions.

Explain the concept of *circuit training*. (aerobic weight training)

Discuss the selection of weight exercises for specific sports.

Discuss the characteristics of each major body type of somatotype including: *endomorph, mesomorph, and ectomorph*.

Explain the role of weight training and metabolism.

Discuss the role of nutrition in successful weight training.

Explain methods of assessing progress in weight training including: *body measurements, strength tests, body composition.*

Discuss safety precautions related to weight training including: *appropriate weight load, proper technique and posture, weight room organizations, the VALSALVA phenomenon, proper warm-ups, use of spotters.*

Demonstrate weight training exercise for each of the major muscle groups of the body including:

DEAD LIFT	POWER CLEAN	MILITARY PRESS
BEHIND NECK PRESS	BENCH PRESS	INCLINE PRESS
DUMBBELL PRESS	SQUATS	UPRIGHT ROWS
BENT OVER ROWS	LEG CURLS	LEG EXTENSIONS
BICEP CURLS	REVERSE CURLS	TRICEP EXTENS.
LAT PULL DOWN	FORWARD RAISE	TRICEP DIPS
SHOULDER SHRUG	LATERAL RAISE	MILITARY PRESS
LEG PRESS	JAMMER	PULL-UPS
GLUTE/HAM	TOE RAISES	

ADDENDUM:

Advanced weight training students will be expected to know objectives of the general class as well as the following:

Develop an individualized weight training program including: *number and length of workouts, selection and order of exercises, percentage guidelines for particular routines, and how to evaluate effectiveness and make changes.*