Course Title: ADV Weight Training

Course #: 1937

Course Description: This course is designed to give students the opportunity to learn advanced weight training concepts and techniques used for obtaining optimal physical fitness. Students will benefit from advanced weight training and cardiorespiratory endurance activities. Students will expand upon basic weight training techniques, learn Olympic lifting movements and develop skills needed to design a comprehensive strength and conditioning program. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

UC/CSU Approval:

Grade Level: 10-12

Estimated Homework Per Week: 0-1 Hour

Prerequisite: Weight Training (1935) or Teacher Recommendation

Recommended Prerequisite Skills: Varsity Level Athlete looking to improve strength, speed and improve overall athletic performance. Able to perform proper technique on all core lifts including, Back/Front Squat, Deadlift, Bench Press.

Course Grading:
Students receive 4 points daily based on the following standards....

4 Points:
● Engaged in designed workout throughout entire period. *(All drills completed)*
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.
● Completes all written assignments in a timely fashion.

3 Points:
● Engaged in designed workout throughout most of the class period. *(3/4’s of drills completed)*
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.
● Completes all written assignments.

2 Points:
● Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
● Works with below average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique rarely.
● Demonstrates proper safety rarely.
● Completes some written assignments.

1 Point:
● Rarely engaged in designed workout during the class period. (1/4 drill completed)
● Works with poor efficiency to obtain peak physical conditioning.
● Demonstrates proper technique hardly ever.
● Demonstrates proper safety hardly ever.
● Rarely completes written assignments.

Major Assessments/Units/Topics:
1. Goal Setting - Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy - Students will identify major muscles involved with exercise.
3. Exercise and Muscle identification - Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for students - Students will explore basic exercise nutrition as it relates to class movements
5. Fitness - FITT
   a. Frequency (how often)
   b. Intensity. Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time 30-60 minutes per class
   d. Type – Muscular strength, muscular endurance, flexibility, and balance.