

Weight Training

Grade Level(10-12) (10 Credits)

- Meets high school graduation requirement for (Subject)
- Meets the UC/CSU subject area "(A-G)" requirement



General Information

Description

This course is designed to educate students on the basic fundamentals and techniques of weight training. Students will also learn how to use various cardiovascular machines and Hammer Strength machines. This course will include information on: proper weight training techniques, principles of weight training, nutrition as it relates to weight training, cardiovascular training, proper stretching and warm-up techniques, and overall weight room safety and etiquette.

Expectations and Goals

There is no prior experience necessary. Anyone can join, but be willing to work! It is expected for students to "dress out" and participate in the class on every occasion the class meets. A goal card may be used to measure what you get out of this course.

Estimated Homework

Within certain contexts, there will be a minimal amount of homework. Over the course of the **YEAR**, the students should expect a **TOTAL** of 1-3 hours (yes that is for the **ENTIRE YEAR!!**)

This Class Is Best For...

This class is best for those students who want a challenge, or new experience, in their PE curriculum. This is a rigorous class and students will be expected to give their best effort on a daily basis.