

Department: Physical Education
Course Name: Upper School Strength Training

Course Description:

This course is designed to help students understand better why fitness is important to a healthy lifestyle. Students will gain knowledge of how to properly workout in the weight room. Students will train with weights to achieve a desired lean body mass/ body composition and to enhance muscular strength. The rules and safety precautions of a well-run strength training facility are presented and stressed throughout the class.

Content:

Goal Setting/Journaling
Stretching/ Flexibility
Motivation
Nutrition
Strength
Sleep and Sleep Deprivation
Cardio
Creating your own workout program
Aerobic vs. Anaerobic
Heart Disease, high blood pressure, and the effects of alcohol and drugs
Plyometrics
Benefits of Low Impact Workouts (aquatics)
Benefits of Group Workouts

Skills:

Demonstrate proficient and skillful weight training techniques
Demonstrate heart rate training zone calculation
Demonstrate proper, effective and safe spotting techniques
Develop and follow a training routine based on selected goals
Keep a clear and accurate record of personal training
Express comfort and some level of confidence in utilizing any training facility
Continue some degree of strength training after completing this class

Text and Materials:

Baechle & Earle, Essentials of Strength Training and Conditioning (Human kinetics, 2nd ed., 2000)
Reference text only

Methods of Instruction:

Lecture
Video
Hands on
Demonstrations
Worksheets
Presentations

Methods of Evaluation:

Tests

Quizzes

Participation

Workout Journal

Class Presentations

