

**Department:** Physical Education  
**Course Name:** Upper School Strength Training

**Course Description:**

The primary goal of the physical education program is to encourage students to exercise and to participate in lifetime sports and activities. The strength-training course is a daily semester-length course. Students train with weights in order to achieve a desired lean body mass/body composition and to enhance muscular strength. They learn the basics of strength training including how to manipulate variables to produce various results. They learn about and practice several different approaches to strength training. The rules and safety precautions characteristic of a well-run strength training facility are presented and stressed. Classroom discussions and videos about concepts and principles are conducted. Our hope is that every student will develop the commitment to make strength training a lifestyle habit. This course is offered both fall and spring semesters. Due to COVID, all persons entering and occupying the fitness center are fully masked when not vigorously exercising. All persons occupying and utilizing the fitness center are asked to use hand sanitizer (provided) frequently and are required to disinfect (provided) all used surfaces.

**Content:**

Adaptations To strength training  
Strength training for desired body composition  
Heart rate training zones  
Muscular system anatomy and physiology  
Utilize various training methods  
Promote excellent health - exercise for life  
Speed, agility and quickness

**Skills:**

Demonstrate proficient and skillful weight training techniques  
Demonstrate accurate use of skin fold calipers  
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  
Refer to muscle names, exercises/movements and equipment accurately  
Continue some degree of strength training after completing this class

**Text and Materials:**

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

**Methods of Instruction:**

Lecture  
Video  
Hands on

Demonstrations  
Worksheets

**Methods of Evaluation:**

Tests  
Quizzes  
Participation  
Practical Quizzes

