

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, 2nd ed., 2000)
Reference text only
Mask

Methods of Instruction:

Lecture
Video
Hands on

Demonstrations
Worksheets

Methods of Evaluation:

Tests
Quizzes
Participation
Practical Quizzes

