

WEIGHT TRAINING

Weight training is a class in which students will work to improve their overall physical fitness through individually constructed weight training workouts based on research and consultation with the instructor. Students will also learn proper weight training and safety techniques for various lifts attempted. Students will be required to learn the major muscle groups associated with the core lifts.

Students will work on improving their speed, strength, flexibility, and endurance daily in an effort to improve their overall health.

Students will be required to research, read, and write on various topics related to weights and fitness weekly. Students will learn the name and function of the major muscle groups associated with their daily workout and be required to construct a written workout program using this learned information.

Students will do a pre-test and a post-test quarterly, on the following lifts and will be given grading points on improvement in the following areas:

- 1. bench press (the amount that can be lifted 1 time**
- 2. parallel squat (the amount that can be lifted 1 time and taken to a position where the top of the leg is parallel to the floor**
- 3. Power clean**
- 4. Deadlift/hip sled**

STUDENTS WILL BE GRADED FOR THE FOLLOWING:

- 1. Quarterly strength test (10%)**-The strength grade is determined by the sum of the one repetition max total of the bench press, full squat, and power clean divided by the individual's body weight.
- 2. Daily effort/participation.** Students will start each quarter with a 40% and will be able to earn 1 point daily through participation. lose 1 point daily for inadequate daily participation. or receive 0 points for being absent from class daily.
- 3. Health/written assignments (20 %)**
- 4. Weekly lift grades (30%)** -This is a sixteen-point weekly weight grade based on students lifting the core lifts (bench, squat, clean, and dead) each two days a week.

DAILY WORKOUT SCHEDULE

The daily workout schedule will consist of a combination of two core lifts and five auxiliary lifts. Core lifts require a minimum of three sets of three. Auxiliary lifts should consist of two sets of ten to fifteen repetitions. There will also be light running done daily as a warm-up.