



Curriculum Document for Physical Education

Fulfilled State Standards: 12-A1, A3, A4, A5, 12-C1, C2, C3, C4, 12-D1, D2, D4, 12-E1, E2, E3, E4, E5, 12-F1, F2, F3, F6, F7, 12-G2, G4, G5

Course Title: Weight Training

Grade: 9-12

Learner Objective #1: The Student will develop and improve skills through weight training.

- 1) **Demonstrate technique in 4 core areas, done twice weekly:**
 - a) **Bench Press**
 - b) **Squat**
 - c) **Power Clean**
 - d) **Back Exercises (i.e. Lat. Rows, Pulldowns, ect.)**

- 2) **Demonstrate technique for following auxiliary exercises in the following areas:**
 - a) **Abdominals**
 - b) **Bicep**
 - c) **Deltoid (shoulders)**
 - d) **Tricep**
 - e) **Quadriceps**
 - f) **Hamstring**
 - g) **Calves**
 - h) **Trapezius**
 - i) **Pectorals**
 - j) **Latissimus Dorsi**

- 3) **Writing Activities to include:**
 - a) **Daily journal recording**
 - b) **Weekly Self-Reflection**

- 4) **Knowledge of equipment and safety techniques:**
 - a) **Proper spotting techniques**
 - b) **Proper adjustment of equipment**
 - 1) **Machine equipment (i.e. Vertical Bench, leg curl, ect...)**
 - 2) **Benches and other equipment requiring adjustment**

- 5) **Knowledge of developing a weight training program and training principles:**
 - a) **What exercises train each muscle group**
 - b) **Rest intervals between sets and between training sessions**

- c) **Overload principle**
- d) **Proper breathing technique**
- e) **Training styles: High weight/Low rep vs. Low weight/high rep**