High School Physical Education Weight Training

This course offers the fundamentals of weight training, circuit training, and individual physical fitness conditioning. The student will utilize the weight room to progress through a designed general fitness lifting plan that focuses on lifting technique. As students become familiar with different lifts and basic weight training concepts, they will begin to develop an individualized program to meet his or her muscular strength fitness goals. Successful completion of this course earns one-half required PE credit.

Enduring Understanding and SHAPE Standards: Safety and Injury Prevention

- Design and implement a personalized weight training program as part of a healthy lifestyle. (S5.L1.1)
- Apply proper safety protocols to limit injury and maximize productivity in the weight training settings. (S3.L1.2a) (S4.L2.4) (S4.L1.4)
- Accurately document a home weight training workout. (S3.L2.3a) (S4.L1.4)

Enduring Understanding and SHAPE Standards: Workout Fitness Principles

- Analyze different exercise options to design and implement a personalized weight training program as part of a healthy lifestyle. (S5.L2.1)
- Understand and utilize exercise principles to design and implement a personalized weight training program as part of a healthy lifestyle. (S3.L2.2a) (S3.L1.3b)

Enduring Understanding and SHAPE Standards: Core Lift Explanation and Variations

- Demonstrate proper lifting technique when completing a workout. (S3.L1.2a) (S3.L2.2a) (S3.L1.2c) (S4.L2.4) (S5.L2.1)

Enduring Understanding and SHAPE Standards: Muscle Basics

- Utilize knowledge of muscle physiology and body mechanics to improve success in a weight room setting. (S3.L2.2c) (S2.L1.1a) (S5.L2.1)

Enduring Understanding and SHAPE Standards: Anatomy Physiology

- Utilize knowledge of muscle physiology and body mechanics to improve success in a weight room setting. (S3.L2.2c) (S3.L1.2a)

Enduring Understanding and SHAPE Standards: Nutrition and Supplements

- Apply knowledge of nutrition to improve performance in the weight room and improve overall health. (S3.L2.1a) (S3.L1.1e) (S3.L1.1b) (S3.L2.4)