



New York Mills High School

Curriculum Document

Curriculum Area: Physical Education

Course Name: Weight Training

Common Course Catalog Number: 08009

Length of Course: 1 Semester

Pre-Requisite: 7th, 8th and 9th Grade Physical Education

Grade Level: 10th-12th

Course Description: Weight Training focuses on proper mechanics when performing and spotting a wide variety of strength exercises. The weightlifting class is designed to provide each student with the knowledge needed to understand the importance of strength and fitness training while setting goals for personal improvement and achievement. Students will leave with a lifelong understanding of how to maintain adequate physical fitness for a healthy lifestyle. Students will realize that everyone begins this course and progresses through this course at his/her own rate and will attempt to reach their own individual goals. Safety is always given the first priority in this class.

Essential Learner Outcomes (5 to 7)

- *Students will demonstrate advanced competence in more than one activity.
- *Students will independently apply advanced movement-specific information.
- *Students will have the skills, knowledge, interest and desire to independently maintain an active lifestyle throughout life.
- *Students will demonstrate the skill, knowledge, and desire to monitor and adjust activity levels to meet personal needs.
- *Students will initiate independent and responsible behavior in physical activity settings.

Units of Study:

*Safety in Weight Room

*Strength Training Exercises and Proper Technique

*Major Muscle Groups and Correlating Exercises

*Terminology

*Goal Setting & Log

*Self-Testing