Weight Training

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **School Year**
Length: **8 blocks**
Status: **Published**

Transfer

Big Idea: Cooperation, Work Ethic, Skill Development and Physical Fitness

Enduring Understandings

A healthy lifestyle is the key to optimal performance and wellness.

To gain muscle strength one must lift heavy weight, low repetitions (6-8).

To tone muscles one will use less weight with more repetitions (12-15).

Weight room rules and safety regulations must be followed for a safe and healthy environment.

Lifetime fitness depends upon understanding how each fitness component is developed and measured and how to design and implement a personal fitness plan that supports a healthy, active lifestyle.

Essential Questions

What does it mean to be fit?

How do I increase my level of muscle strength and or muscle tone?

What makes for a safe learning environment?

How do you realize age- appropriate fitness?

Content

Vocabulary

Overload

Repetitions

Sets

Frequency

Intensity

Antagonistic muscle groups

Free weights

Plate loaded machines

Learning Objectives

Understand the proper use of all equipment & how to adjust the equipment correctly.

Demonstrate proper form and technique when performing a weight lifting exercise.

Identify reasons why students must avoid lifting too much weight if it is going to compromise their form or technique and become a safety issue.

Identify the benefits of weight training (i.e. reduces body fat, increases muscle strength, increases muscle endurance, raises your metabolic rate, and can help prevent injuries

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.6.12	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
HPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.