

COURSE TITLE: Beginning Weight Lifting
COURSE LENGTH: 1 semester
COURSE CREDIT: 0.5 credit

COURSE TYPE: elective
GRADE LEVEL: 10, 11, 12
PREREQUISITE: n/a

COURSE GOALS:

1. Students will demonstrate and evaluate correct spotting techniques.
2. Students will identify and practice proper use of equipment.
3. Students will participate in daily warm-up, stretching, and cool down activities.
4. Students will illustrate progress through competition.
5. Students will discuss and identify how exercise and nutrition affect body composition.
6. Students will examine and identify the dangers and myths of weight lifting supplements.

COURSE CONTENT:

1. Proper movement and motor skills needed
2. Structure, function, and relationships among the human body systems