

COURSE TITLE: Advanced Weightlifting
COURSE LENGTH: 1 semester
COURSE CREDIT: 0.5 credit

COURSE TYPE: elective
GRADE LEVEL: 10, 11, 12
PREREQUISITE: Beginning Weightlifting

COURSE GOALS:

1. Students will demonstrate and evaluate correct spotting techniques.
2. Students will participate in using safety procedures and techniques while weightlifting.
3. Students will acquire an understanding of the benefits of flexibility training.
4. Students will analyze factors affecting flexibility
5. Students will determine and distinguish between muscle groups used to perform a variety of lifts.
6. Students will perform various interval training activities.

COURSE CONTENT:

1. Proper movement and motor skills needed
2. Structure, function, and relationship among human body systems
3. Muscle structure needed and used
4. Interval training benefits
5. Safety – first aid techniques