

Advanced Weight Lifting

Course Number: 04020000040

Month	Strands (include state core numbers)	Standards	Assessment
Qtr. 1 & 2			
Aug-Jan	-Students will understand safe weight room procedures including equipment setup, proper lifting technique, and spotting techniques.	Standard 1 Students will achieve a level of competency in motor skills and movement patterns.	-Daily observation of safety rules and participation
	-Students will develop correct lifting technique for each lift in the workout.	Standard 2 Students will apply knowledge to attain efficient movement and performance.	-Demonstrate proper use of all equipment
	-Understand the importance of proper warm up and flexibility development. Use full range of motion as required in exercises.	Standard 3 Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.	-Daily observation by instructor with correction and re-teaching of proper lifting and spotting techniques.
	-Develop a proficiency in technique used for each lift.	Standard 4 Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.	-Evaluation of student goals
	-Develop increased muscular strength, power, speed and agility.	Standard 5 Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.	-Testing of 1 rep max in: Bench, Squat, Clean, Deadlift Retest 1 rep max levels at 6-8 weeks
Qtr. 3&4			
Jan-May	Same as previous semester	Same as previous semester	Same as previous semester

*This course is a one semester course; therefore, the content is covered over one semester then repeated in the following semester. Due to the nature of this course, much of the content is introduced in the first few weeks of the course and repeated throughout the course as student's progress in their techniques and physical development. Skill development, teaching, observing, re-teaching, and helping students evaluate their progress through testing and evaluation of personal goals is an on-going process. Adjustments are made in course content according to the needs and development of the students.