



ADVANCED WEIGHT TRAINING



Advanced Weight Training
36.06400

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Course Description: Increases strength and cardiovascular fitness through an individualized weight training program; emphasizes self-management and adherence strategies based on the *American College of Sport Medicine Guidelines* for fitness and conditioning.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

Motor Skills and Movement Patterns

PEAWT.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.

- a. Develops a workout with a variety of sets and repetitions to improve muscular strength and endurance.
- b. Develops a routine of varying plyometric, speed, and agility drills.
- c. Implements multiple upper and lower body exercises during the course of a workout.
- d. Demonstrates understanding of the various disciplines of weight training (powerlifting, super-setting, and sport specific explosion).

Movement Concepts and Principles

PEAWT.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- a. Compares and constructs specific activities to be used in warm-up and cool-down exercises.
- b. Identifies and discusses with classmates the training procedures of upper and lower-body resistance exercises.
- c. Applies concepts and plans a series of exercises in order to maximize the benefits of a weight-training program.
- d. Applies concepts and assists others in developing a comprehensive exercise plan for weight training.
- e. Explains the concept of over-training to classmates.
- f. Designs an exercise program to allow appropriate recovery.
- g. Measures and assesses a higher performance level of balance, coordination, power and speed.
- h. Explains how to select and modify strength conditioning and fitness activities.

Fitness

PEAWT.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

- a. Participates daily in strength-training activities.
- b. Analyzes the benefits of a physically active lifestyle.
- c. Identifies local facilities where weight training opportunities are available.
- d. Investigates the relationships between physical activity and nutrition and how it influences body composition.
- e. Participates in the components of the Georgia Fitness Assessment with teacher supervision and guidance.
- f. Evaluates current Georgia Fitness Assessment scores.

- g. Designs, implements, and monitors a program of improvement or maintenance based on the results of the Georgia Fitness Assessment.
- h. Designs a nutrition plan to support a strength-training program.
- i. Assists classmates in understanding how to evaluate fitness scores and how to develop a fitness plan including nutrition, strength training, and cardiovascular exercises.
- j. Analyzes and applies technology for supporting an active lifestyle.

Personal and Social Behavior, Rules, Safety, and Etiquette

PEAWT.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- a. Accepts responsibility for the safety of the facility by putting all equipment in the proper locations.
- b. Accepts differences between personal characteristics and individual performance levels.
- c. Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity.
- d. Applies practices for participating safely in physical activity.
- e. Provides leadership by helping classmates with weight room etiquette and proper facility safety reminders (injury prevention, hydration, use of equipment, implementation of rules, and sun protection).

PEAWT.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- a. Explains the personal value derived from weight training.
- b. Analyzes the health benefits of strength training.
- c. Creates the opportunity for social interaction in physical activity and group settings.
- d. Chooses an appropriate level of challenges within each activity.

