

Advanced Weight Training and Conditioning

The students will demonstrate the ability to use competency in various methods of weight training and conditioning. They will demonstrate the ability to understand muscle function and physiology of exercise. The students will demonstrate the ability to apply safety guidelines and concepts to specific training activities. They will demonstrate the ability to apply training theories to daily workouts. The students will demonstrate the ability to have responsible personal and social behavior in the physical activity setting. They will demonstrate the ability to explain how weight training and conditioning provide opportunities for enjoyment, challenge, self-expression and social interaction. The students will demonstrate the ability to maintain a health-enhancing level of physical fitness.

Standard 1	Advanced Weight Training
Demonstrate competency in a variety of motor skills and movement patterns.	
Weight Training	Demonstrate competence in performing advanced weight training exercises, plyometric exercises and manual resistance exercises
Weight Training	Analyze anatomical movement within the various planes of the body
Weight Training	Perform advanced weight training exercise with proper alignment, form and techniques

Standard 2	Advanced Weight Training
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	
Weight Training	Differentiate among various advanced weight training methods (tri-setting, weight stripping, light to heavy, pyramiding, split, routines, negatives, blitz and super sets)
Weight Training	Differentiate among the three energy systems used in muscular activity
Weight Training	Demonstrate proper spotting techniques for both safety and a partner's workout enhancement
Weight Training	Describe the stress adaptation syndrome as it applies to weight training and conditioning
Weight Training	Identify common training injuries and list preventive measures

Standard 3	Advanced Weight Training
Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
Weight Training	Identify, compare, and analyze marketing products of the health and fitness industry including performance-enhancing supplements and current fitness trends
Weight Training	Identify and analyze the risk and effects of anabolic steroid use
Weight Training	Participate daily in all aspects of the weight training and conditioning program
Weight Training	Maintain daily records including long and short term goals, work out logs and fitness testing results
Weight Training	Design and implement an individual weight training program based on personal long and short term goals and fitness assessment results
Weight Training	Develop a performance-specific program that is tailored to their personal health-related fitness needs
Weight Training	Assess and record personal fitness status

Standard 4	Advanced Weight Training
Exhibit responsible personal and social behavior that respects self and others.	
Weight Training	Initiate responsible personal and social behavior in the weight room
Weight Training	Accept responsibility for taking leadership roles to accomplish group and individual goals

Standard 5	Advanced Weight Training
Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	
Weight Training	Enjoy the challenge of different advanced weight training activities
Weight Training	Recognize that physical conditioning can provide opportunities for positive social interactions
Weight Training	Enjoy regular participation in weight training and conditioning