

# Resistance Training 8



This course is designed to introduce students to some of the basic components of training in a weight room. It will focus on nutrition; warm-up; stretching; exercises that will work upper and lower body; core exercises; and full body weight exercises. The course will emphasize proper technique and practices within a gym, as well as, increase the amount of physical activity students get in a day!

This course falls under the umbrella of:

## Health and Life Skills 8

Students will:

- Evaluate personal food choices, and identify strategies to maintain optimal nutrition when eating away from home.
- Develop personal strategies to deal with pressures to have a certain look/lifestyle.
- Analyze the impact of positive and changing choices on health throughout the life span.
- Determine and develop time management strategies/skills to establish personal balance.

## Physical Education 8

Students will:

- Acknowledge the perceptions that occur as a result of media influence on body types in relation to physically active images.
- Monitor and analyze a personal nutrition plan that affects physical performance.
- Discuss performance-enhancing substances and how they can affect body type in relation to physical activity.
- Describe and perform appropriate physical activities for personal stress management and relaxation.
- Describe, apply and practice leadership and followership skills related to physical activity.
- Apply activity-specific skills in a variety of environments and using various equipment.
- Select, perform and refine activity-specific skills in a variety of individual pursuits.
- Demonstrate and monitor ways to achieve a personal functional level of physical fitness.
- Explain fitness components and principles of training, and formulate individual plans for personal physical fitness.
- Analyze the personal effects of exercise on the body systems before, during and after exercise.
- Monitor, analyze and assess fitness changes as a result of physical activity.
- Participate regularly in, and identify and describe the benefits of, an active lifestyle.
- Develop a personal plan that encourages participation and continued motivation.
- Design and perform warm-up and cool-down activities.

Course Expectations:

Students must come prepared for both classroom work and practical work in the weight room. This means they must bring a pen or pencil as well as their gym attire. Proper footwear and athletic clothing must be worn at ALL times. No sandals, open-toed shoes, skate shoes, jeans, tank tops, etc. Outdoor shoes are not allowed in the weight room. If students are not dressed properly they will not be allowed to participate for the day which will ultimately result in a loss of instructional time. This class will not tolerate any misbehavior as it is high risk for injury when not completing the exercises properly and with care.

Course Evaluation:

Assignments and Quizzes	25%
Skills and Application	25%
Attitude and Effort	35%
Skills Testing	15%
Total	100%

