

GLENDALE UNIFIED SCHOOL DISTRICT

Senior High School

April 1, 1997

Department: Physical Education

Course Title: Weight Training

Grade Levels: 9, 10, 11, 12

Semester Hours: 5

Prerequisite: None

Course Description: This course will introduce the student to the fundamental skills of Weight Training and offer exercises for strength and cardiovascular conditioning.

I. Goals

The student will:

- A. Improve strength, flexibility, endurance, coordination, and overall physical fitness.
- B. Broaden knowledge and experience concerning the movement that the body is capable of performing according to its anatomical structure and the physical laws of motion.
- C. Develop an appreciation for weight training as an enjoyable form of physical exercise and recognize it as a valuable lifetime activity.

II. Outline of Content

The student will:

- A. Demonstrate a satisfactory increase in cardiovascular endurance, muscular strength and flexibility through daily workouts.
- B. Demonstrate a knowledge of Weight Training through an understanding of the structure of the body and how it can be strengthened related exercises.
- C. Develop a sense of confidence through improved physical development.
- D. Demonstrate an awareness of proper equipment and its care.

- E. Participate in actual intraclass weight lifting activities.

III. Performance Assessment

A. Teacher-made tests
Weight Training
Page 2

- B. Standardized tests

- C. Department tests

- D. Daily work and participation

- E. Teacher observation and evaluation

- F. Student's self-evaluation

IV. Suggested Time Distribution

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| A. Warm-up, physical development, and conditioning | 60% |
| B. Skills, techniques, rules, strategy, and culminating activities | 20% |
| C. Testing and evaluation | 20% |