

**Course Title:** Weight Training  
**Credit/Hours:** .5 credit

**Board Approval Date:** June, 2011

**Course Description:**

This course focuses on mastery of the PA Academic Standards for Physical Education to allow students to actively participate in a individualized weight training program to fit each individual's needs and expectations for improving muscular endurance and strength, as related to their specific athletic activities they participate in. This course is designed to provide a student athlete an opportunity to increase muscular strength and endurance during the school day. Individualized programs will be developed for each athlete, that will include basic core lifts and sport specific lifts and exercises. Students will be responsible for maintaining and tracking records of their individualized workouts. Through active participation, opportunity is given to students to improve muscular strength and endurances to enhance their athletic performance and to assist in preventing injury.

**Learning Activities/Modes of Assessment:**

Teacher Observation  
Small Group Work  
Checklists/Teacher Observations  
Projects with Rubrics  
Journals and Folders

**Instructional Resources:**

Athletic Equipment

# Course Pacing Guide

**Course:** Weight Training

<b>Course Unit</b>	<b>Length of Instruction (Days/Periods)</b>
1. Course introduction	1 Day
2. Lock and locker distribution	1 Day
3. Teacher issued program	22 Days
4. Individually developed program	61 Days
5. Final Exams	1 Day
6. Lock collecting	1 Day
7. Preview	3 Days