

Elective Physical Education 1 Course Outline

Introduction to Weight Training

What, Who, and Why of Weight Training

- What is weight training

- Who trains / should participate in weight training

- Why weight training

- Myths and misconceptions

Rules, safety standards and procedures

- Absolutes

- Warm up, flexibility, and stretching

- Spotting & training partners

Terminology

- Principles of training & muscular development

- Basic training guidelines

Basic anatomy

- Muscles & musculoskeletal system

- Movement

Beginning training program

- Free weights vs. Machines

- Grips

- Rest & recovery

- Basic Exercises for Body areas

- Circuit Training

Nutrition and drugs

- Nutrition- water, minerals, vitamins, carbs, fats, protein

- Supplements- sports drinks, protein supplements

- Weight gain, loss

- Drugs- steroids

Speed and agility training

- Plyometrics

- Agility drills