

Elective Physical Education 4 Course Description

Advanced Weight Training 2

Review of topics from Elective Physical Education 1, 2, & 3

- Rules, safety standards and procedures

- Terminology

- Basic anatomy

- Basic exercises

- Nutrition & drugs

- Speed & agility training

- Training programs

- Advanced training programs

Goal Setting

- Steps for success

- Monitoring goals

Designing individualized programs

- Sport specific movements

- Sport specific programs