

## **WEIGHT TRAINING III - 1501360**

Grade 10-12, Credit .50

### **Prerequisite: Weight Training I & II**

The weightlifting class was designed to provide each student with the knowledge needed to understand the importance of strength and fitness training. Students will understand the importance of the benefits of weight lifting on the body. The muscles and nutrition will be discussed in depth. Students will be able to demonstrate multiple exercises that work many of the different muscle groups. This will lead to writing workout plans for other students and being able to lead a workout. Power lift movements will be taught and mastered during this course.