

Course Title: Weight Training

Teacher: Joe Szpak

Hour 3 - Semester 1 - 2021/22

0.5 Phy Ed Credit

[Listen to Joe talk about the class](#)

COURSE INFORMATION:

Course Description:

The goal of the course is for students to acquire confidence and knowledge in the weight room so that they can continue participating in strength training activities for a lifetime. Students will demonstrate effective principles of weight training by creating and implementing an individualized weight training program. Most days will be dedicated to independent strength training. Weekly exercise and fitness principals will also be covered in a discussion format. No prior experience is necessary. Students will be evaluated on engagement levels and class content knowledge.

Prerequisites:

None

Method of Instruction:

Most days are student directed and independent.
Direct teacher led instruction weekly.

Course Objectives (standards):

Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle.
(S3.H7.L2)

Graduate Vision Competencies:

Personal Responsibility, Positive Risk Taker