

## Strength Training

Course description- This course will give students an opportunity to learn about fitness and how to apply it to a healthy lifestyle. Students will understand the importance of proper lifting techniques. Students will understand different exercise routines and what muscles they are working.

### Goals

1. Students will individualize a fitness plan.
2. Students will understand safety in the fitness room.
3. Students will learn how to weight train correctly.
4. Students will understand the importance of the FITT principle.
5. Students will understand the difference in programs as it relates to the body.
6. Students will learn different muscles of the body and how to weight train for those specific areas.
7. Students will understand setting goals and reaching them through effort and dedication.

### Grading

1. Effort
2. Fitness test
3. Improvement
4. Respect of peers
5. Participation.
6. Written exams.
7. Positive work ethic.

Student Signature \_\_\_\_\_

Instructor: Mr. Ferraro 651 293-8940 Mr. Lang 651 774-2672