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| **\*Advanced Weight Training** | |
| **Course #** | 15013600 |
| **Grade Level** | 10-12 |
| **Length** | 1 semester |
| **Prerequisite** | Inter. Wgt. Trn. |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills introduced in intermediate weight training, further improve muscular strength and endurance, and further enhance body image. The content should include, but not be limited to, reinforcement of the knowledge introduced in beginning/intermediate weight training, application of knowledge to design and implement a personal weight training program to meet specific needs and goals, and knowledge of the organization/administration of weight lifting competition. | |