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| **\*Intermediate Weight Training** | |
| **Course #** | 15013500 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Beg. Weight Train. |
| **Credit** | 1 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills in weight training that may be used in physical fitness pursuits today as well as in later life, further improve muscular strength and endurance, and further enhance body image. The content should include, but not be limited to, reinforcement of basic weight training knowledge, knowledge of safety practices, expansion of weight training programs by incorporating new Intermediate Weight exercises, increasing resistance, and modifying the number of sets and repetitions, knowledge of various weight training theories, knowledge of various equipment available in the field to develop muscular strength and endurance, and knowledge of designing, implementing and evaluating a personal weight training program. | |