**\*Power Weight Lifting 1**

**Course #** 1501410

**Grade Level** 11‐12

**Length** 1 semester

**Prerequisite** Weight Training 3

**Credit** 1/2

The purpose of this course is to enable students to

acquire basic knowledge and skills in power weight

training and to improve health‐related fitness. The

content should include, but is not limited to, safety

practices, history, rules and terminology, techniques

and strategies, biomechanical and physiological

principles, fitness assessment, consumer issues and

benefits of participation.