

Course Weight Training

Level Cycle 2, Secondary 5

Course Description and objectives

The main objective of WET-544 is to help students take responsibility for their health and well-being and also encourage them to autonomously adopt an active lifestyle using the weight room. All students will be expected to develop, carry out and assess their own individualized weight training programs. Some of the concepts that students will be exposed to are: anatomy, history, safety, weight training techniques and strategies, equipment, nutrition and training supplements, fitness assessment, stress management, hygiene, goal setting, flexibility, body composition, related medical issues, alternative training methods etc.

Broad Areas of Learning

The broad areas of learning are described on the course outline supplement.

Cross-Curricular Competencies

The cross-curricular competencies are described on the course outline supplement.

Course Topics

Methodology will include:

- 1-Daily workout samples
- 2-Individualized weight training programs
- 3-Nutrition
- 4-Workout and progress charts
- 5-Physical fitness tests (flexibility, strength, fat %)
- 6-Research project

Assessment

General information and attendance requirements for all courses are described on the course outline supplement. The table below describes the specific competencies and the relative weighting for this subject.

Competency	Description	Weighting
1. Performs movement skills in different physical activity settings	The performance of movement skills involves action, movement, coordination, balance, synchronization, adjustment, control, sensation and self-expression. During workouts, the students will understand and apply the key elements learned in class when performing their exercises.	60%
2. Interacts with others in different physical activity settings	Students commit to a process whereby they develop various plans of action to adapt and synchronize their exercises to those of others and to communicate with each other. This process will be facilitated by group work and cooperative learning.	10%
3. Adopts a healthy lifestyle	Students will use their acquired knowledge to recognize their own needs, abilities and motivational factors with respect to training on a regular basis.	30%

REQUIRED MATERIALS

- Clipboard/Folder
- Appropriate shorts and t-shirt
- Athletic shoes
- Towel
- Lock