

READINESS PROFILE & COURSE EXPECTATIONS

Weights Training

COURSE DESCRIPTION

Weight Training is a course in which students are involved in the isotonic type of weight training, running, plyo-metrics, stretching and cross training. The isotonic weight lifting will be performed both on the universal weight machine and free weights. Students will participate in fitness activities, testing and a variety of fun activities. Satisfies 10 units of the PUSD Physical Education requirement.

COURSE CONTENT AND EXPECTATIONS

- Expectations:
 - Dress out and participate daily
- Content:
 - Aligned to the CA State Physical Education Standard class 3c and 3f
 - 4 days of Strength Training (Free Weights, Cross Training, Universal Weights)
 - 1 day of Cardiovascular Endurance Training

MAJOR UNITS OF STUDY

- Basic Anatomy
- Basic Biomechanics of Exercise
- Lifting Technique

STUDENT BACKGROUND

Suggested preparatory courses: **ENS 1-2 & ENS 3-4**

Please see syllabus for additional course rules and information