

Canyon Crest Academy: Weight Training

Level of Difficulty	Estimated Homework	Prerequisites
<input checked="" type="checkbox"/> Moderate <input type="checkbox"/> Difficult <input type="checkbox"/> Very Difficult	0-30 minutes	<u>District</u> Health through Year One PE or Intro Dance <u>Department</u> Health through Year One PE or Intro Dance

Course Description

This course is designed to educate students on the basic fundamentals and techniques of weight training. Students will also learn how to use various cardiovascular machines and Hammer Strength machines. This course will include information on: proper weight training techniques, principles of weight training, nutrition as it relates to weight training, cardiovascular training, proper stretching and warm-up techniques, and overall weight room safety and etiquette.

Grading

Grading based on participation and attendance.

Syllabus Link

n/a

Supplemental Information

10 credits

Meets high school graduation requirement for physical education or elective credit

Does NOT include health

Repeatable up to 80 credits