

Women's Weight Training * KHS

Course Description

Women's weight training is designed for females who want to explore weight training. Students will gain the knowledge and experience in using free weights, machines and body weight exercises to develop a stronger and more toned body. An understanding of how the muscles perform and the effects exercise has on the body, along with nutrition, will be emphasized. Application of these principles will be used in developing an individual fitness plan. A general introduction to the weight room, as well as weight training safety and etiquette are all a part of this course. Students develop responsible behavior and work ethic through daily independent workouts. Women's weight training is designed for girls who want to explore weight training.

Standards

Essential Standards

1.	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
2.	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement.

Important Standards

1.	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns and performance.
2.	The physically literate individual exhibits responsible personal and social behavior that respects self and others.