**Advanced
Physical Education**

Instructor: Coach Pratt
email:
qpratt@piedmontclassical.
com

Weight Training: PCHS 2020

Course Description

An introductory course designed to help each student: improve muscular strength; gain knowledge and understanding of weight training theory and practice; develop a personalized weight training program.

Course Objectives

1. To understand basic anatomy and application of physical activity.
2. To gain fundamental knowledge of strength and endurance training principles:
   training benefits, training effects, training principles
3. To develop an individualized program based upon student goals: Emphasizing either
   muscle strength, muscle endurance, muscle size, muscle flexibility or a combination of any.

Physical Education Program Objectives

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- Understand anatomy, basic bio mechanical principles and terminology.
- Determine factors involved with development, fitness levels and training strategies.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills.
- Utilize physical activity as a tool to manage stress.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Understand and utilize various training methods.
- Assess individual levels of fitness components.
- Identify common health and fitness myths along with trends involved with the evolving nature of physical education.

Evaluation Criteria

Participation 60%
Quiz/ Logs 15%
Quizzes/ Logs - 25%

<u>Course Materials</u>

Provided for each student on Google Classroom, Class Code: t4hpwp3

To improve your physical fitness requires regular participation in class activities. Arriving late and leaving class early will affect the participation portion of the grade. In case of absence, you will be held accountable to reach out to me for all work missed.