

**COURSE TITLE:** Weight Training

Level of Difficulty	Estimated Homework	Prerequisites
Moderate	0-30 Minutes	<b>District:</b> None <b>Department Suggestion:</b> None

**Course Description:**

This course is designed to give students the opportunity to learn weight training concepts and techniques used for obtaining optimal physical fitness. Students will benefit from comprehensive weight training and cardiorespiratory endurance activities. Students will learn the basic fundamentals of weight training, strength training, aerobic training, overall fitness training and conditioning, and how to develop a personalized weight training program. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

**Grading:**

90-100%      A  
80-89.9%    B  
70-79.9%    C  
60-69.9%    D  
59.9% & below F

**Syllabus:**

See teacher's website