

COMPONENT	OBJECTIVES	COMPETENCY
I Safety Practices	<ol style="list-style-type: none"> 1. Identify and demonstrate safety practices specific to weight training, including: spotting, individual weight allotment, proper operation of machine and usage of dead weights, capabilities and limitations, and proper breathing. (PE.B.1.4.2) (PE.B.2.4.1) 2. Identify possible injuries that might result from following inappropriate safety practices. 3. Describe and demonstrate proper warm-up and cool-down procedures specific to weight training. 	<p>A. The student can list appropriate safety practices related to weight training. (PE.B.2.4.2)</p>
II Physiological Principles	<ol style="list-style-type: none"> 1. Define physiological principles as they relate to weight training. 2. Demonstrate knowledge of weight training principles and their application to muscular strength and endurance. 	<p>A. The student can identify and apply physiological principles related to exercise and training.</p>
III Personal Weight Training Program	<ol style="list-style-type: none"> 1. Design a weight training program that will lead to an improvement of muscular strength and endurance and is based on an understanding of training principles. (PE.B.1.4.2) 2. Participate in their designed weight-training program for self-improvement in muscular strength and endurance. 3. Review periodically their muscular strength and endurance to determine progress. 4. Identify and incorporate appropriate changes in a personal weight training program. 	<p>A. The student can list and explain the concepts of designing a weight training program that meet individual needs and interest.</p>
IV Basic Skills	<ol style="list-style-type: none"> 1. Demonstrate proper weight-lifting techniques skills in various lifts. 	<p>A. The student can perform an improved level of weight-lifting skills during various lifts.</p>

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V Health-Related Fitness	<ol style="list-style-type: none"> 1. Demonstrate an improved level of muscular strength and endurance. 2. Demonstrate an improved level of cardiovascular fitness. 3. Identify and interpret health-related fitness assessment results. 	<ol style="list-style-type: none"> A. The student can perform an improved level of health-related fitness. B. the student can interpret health-related fitness assessment results.
VI Organization and Administration of Weight Lifting Activities	<ol style="list-style-type: none"> 1. Identify rules and procedures of a weight-lifting meet including lifts performed and judging procedures. 2. Describe etiquette of a weight-lifting meet. 3. Define terminology used in a weight-lifting meet. 	<ol style="list-style-type: none"> A. The student can describe the organization and administration of weight-lifting activities.
VII Consumer Issues	<ol style="list-style-type: none"> 1. Identify consumer issues related to weight training, including: selection and purchase of equipment, care and maintenance of equipment, fads and trends, and selection of additional instructions. 2. Identify available community resources providing opportunities for participating in weight training. (PE.A.3.4.5) 	<ol style="list-style-type: none"> A. The student can list and define consumer issues related to weight-training.
VIII Values	<ol style="list-style-type: none"> 1. Demonstrate a positive attitude toward their physical self and lifelong physical activity. (PE.C.2.4.1) 	<ol style="list-style-type: none"> A. The student can list, explain, and put into practice the values derived from participation in weight training activities.