

COMPONENT	OBJECTIVES	COMPETENCY
I Safety Practices	<ol style="list-style-type: none"> 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 limitation, and proper breathing. (PE.B.1.4.2) (PE.B.2.4.1) Identify possible injuries that might result from following inappropriate safety practices. Describe and demonstrate proper warm-up and cool-down procedures specific to weight-training. 	<ol style="list-style-type: none"> The student can list appropriate safety practices related to weight-training activities. (PE.B.2.4.1) The student can list three injuries which can result from following inappropriate safety practices.
II Musculoskeletal System	<ol style="list-style-type: none"> Identify the major skeletal muscles. Describe the effects of weight training on the skeletal muscles and its importance as a lifelong activity. (PE.B.1.4.1) 	<ol style="list-style-type: none"> The student can list the effects of weight training on the musculoskeletal system as a lifelong activity. The student can name fifteen muscles.
III Fitness Activities	<ol style="list-style-type: none"> List and explain how the health-related components of physical fitness are increased through the application of training principles. Exhibit an improved or maintained level of health-related fitness as measured by a nationally norm referenced district approved tests. (PE.B.1.4.1) 	<ol style="list-style-type: none"> The student can perform an improved level of health-related fitness. (PE.B.1.4.1)
IV Biomechanical Physiological Principles	<ol style="list-style-type: none"> Define biomechanical and physiological principles as they relate to weight-training. (PE.B.1.4.2) Demonstrate a knowledge of weight-training principles and their application to muscular strength and endurance. Identify various weight training programs. 	<ol style="list-style-type: none"> The student can list and explain the concepts of designing a weight-training program that meets individual needs and interests. The student can use correct biochemical and physiological principles related to muscular strength and endurance.

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V Basic Skills	<p>4. 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)</p> <p>1. Demonstrate proper weight-lifting techniques skills in various lifts.</p> <p>2. Demonstrate an improved level of muscular strength and endurance.</p>	<p>A. The student can perform an improved level of weight-lifting skills by demonstrating proper weight-lifting techniques and training.</p>
VI Nutrition	<p>1. Identify and describe the nutritional needs of weight training, including: carbohydrates, fats, protein, vitamins, water and minerals. (PE.A.3.4.7)</p>	<p>A. The student can list and practice the values of sound health and nutrition related to weight training. (PE.A.3.4.7)</p>
VII Health Problems	<p>1. Identify the health-related problems associated with inadequate levels of muscular strength and endurance. (PE.A.3.4.1)</p>	<p>A. The student can list three problems associated with inadequate levels of muscular strength and endurance.</p>
VIII Consumer Issues	<p>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 instruction.</p> <p>2. Identify available community resources providing opportunities for participating in weight training. (PE.A.3.4.5)</p>	<p>A. The student can list and define consumer issues related to weight training.</p> <p>B. The student can name three community resources which prove an opportunity for weight training. (PE.A.3.4.5)</p>
IX Values	<p>1. Describe the benefits of weight-training as a lifelong activity. (PE.A.3.4.6) (PE.B.1.4.5)</p> <p>2. Demonstrate a positive attitude toward physical self and lifelong activity. (PE.C.2.4.1)</p>	<p>A. The student can list, explain, and put into practice the values derived from participation in weight-training activities.</p>