

# **BHS WEIGHT TRAINING:**

## **GRADING:**

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4	
SKILL (12/24):		APPLICATION 2 (4):				
APPLICATION 1 (4):		APPLICATION 3 (4):				
KNOWLEDGE (6)						
<b>TOTAL (50):</b>						

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

### **SKILL 1: Treadmill, Elliptical, or Bike**

- Is able to demonstrate the ability to use the treadmill with the proper safety devices.
- Is able to select the program that best fits their program and set it up accordingly.
- Is able to set the time and intensity according to their personal goals

### **SKILL 2: DB Exercises (demonstrate one exercise each for the following muscle groups)**

- Chest
- Shoulders
- Triceps

### **SKILL 3: Demonstrate the proper techniques in spotting a Bench/DB Press**

- Alternate hand grip inside the athletes grip (bar) or at the wrists (DB)
- Solid base of support with a flat back, feet shoulder width apart
- Provides constant support and is attentive to the lifter

### **SKILL 4: Selectorized Equipment**

- Leg Curl
- Leg Press
- Chest Press

**TOTAL SKILL: /12-24**

### **APPLICATION 1: Knowledge**

- 4** Independently record data on personal exercise data card showing evidence of a correctly designed program with an established goal, correct number of sets/reps/weight in accordance with your goals.
- 3** Independently record data but show minor errors identifying exercises and calculating one-rep max.
- 2** Shows major errors in completing data cards and needs assistance to exercise safely and productively.
- 1** Students do not complete the data card and show little understanding of exercise principles.

### **APPLICATION 2: Skills (free weights/machines)**

- 4** Student selects appropriate exercises to match muscle group. Students select proper weight and demonstrate correct skill with few, if any, observable errors (i.e. grip, positioning, alignment, breathing, rhythm, and range of motion). Student demonstrates proper equipment management when loading, securing, and unloading free weights.
- 3** Student selects appropriate exercises to match muscle group. Student selects proper weight yet minor errors in technique and equipment management when loading, securing, and unloading free weights.
- 2** Student selects appropriate exercises to match muscle group yet make major errors in weight selection, form, and equipment management. Student needs assistance to successfully complete the activity.
- 1** Student select inappropriate exercises to match assigned muscle groups and makes major errors in weight selection, form, and equipment management.

### **APPLICATION 3: Skills and Safety (as a spotter)**

- 4** Students demonstrate effective spotting skills (hand and body positioning) with no observable errors in technique. Student remains constantly attentive and provides verbal support to lifter. Spotters assist, not lead, their partners with proper technique and do not over spot.
- 3** Students demonstrate effective spotting skills (hand and body positioning) with minor errors. Student remains constantly attentive and provides verbal support to lifter.
- 2** Student demonstrates spotting skills with major errors in technique (i.e. inconsistent spotting, lack of attention, over spotting) resulting in ineffective performance.
- 1** Student fails to spot partner and distracts others during lifts and/or performing a lift.

**TOTAL APPLICATION: /12**

## Vocabulary:

**Rep**- number of times a specific weight has been lifted

**Set**- number of times a person does a number of reps (3 sets of 10 reps)

**Aerobic**- a condition in which a muscle cell has the ability to oxidize sugars and fat in the production of energy. Requires long term, high repetitions, over an extended period of time.

**Anaerobic**- a condition in which a muscle cell doesn't have the ability to utilize oxygen. Exercises done in short bursts with rest between i.e. sprinting and weight training.



	<b>Rep Range</b>	<b>% of 1RM</b>
<b>Strength-</b>	< or = 6	> or = 85%
<b>Power-</b>	3-5	75-85%
<b>Hypertrophy-</b>	6-12	67-85%
<b>Muscular Endurance-</b>	> or = 12	< or = 67%

## WELLNESS

**Wellness** is a positive approach to life incorporating **physical, mental, social, emotional, intellectual,** and **spiritual** aspects with the potential to improve the quality of life and results in increased health, happiness, and productivity.

**Physical Fitness** is the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to engage in leisure time pursuits and to meet the above average physical stresses encountered in emergency situations.

**Exercise** is planned, structured, repetitive movement designed specifically to improve/maintain physical fitness

## NUTRITION:

**6 essential nutrients; carbohydrates, proteins, vitamins, minerals, fats, water**

\*\*Carbs and protein = 4kcal per gram

\*\*Fat = 9Kcal per gram

\*\*\*\*Eat small meals throughout the day to increase metabolic rate\*\*\*\*

**Carbohydrates**- provides energy for the body and should account for 55-60% of daily intake

**Protein**- building blocks for the body, also called amino acids and should make up 12-15% of daily intake

Fats- **3 types (monounsaturated, saturated, and polyunsaturated)**

Water- **make up 60-65% of total body weight**

## WEIGHT ROOM RULES:

- ALWAYS use spotters
- A supervisor must be present at all times
- Return all equipment to the proper racks when finished
- Report any injuries to the attending supervisor immediately
- Collars must be used at all times
- Proper attire (shorts, t-shirt, sneakers) must be worn while working out, no street clothes
- Clean equipment after use
- Report any broken equipment to the supervisor immediately
- Appropriate behavior is required at all times

