

Weight Training 10-12

UNIT/ Weeks	Timeline/Topics	Essential Questions
ongoing	Baseline Fitness <ul style="list-style-type: none"> • Course Syllabus • Rules and Regulations • Safety • Goal setting • F.I.T.T. Principle • Asthma Awareness • Diabetes Awareness 	<ul style="list-style-type: none"> • How can you plan health-related goals for your lifetime? • How does a pre-test tell more about an individual than a simple comparison of their age, gender, height, and weight to that of similar individuals?
ongoing	Upper Body Fitness <ul style="list-style-type: none"> • Chest Muscles • Shoulder Muscles • Back Muscles • Arm Muscles • Abdominal Muscles 	<ul style="list-style-type: none"> • What exercises are specific for each muscle group? • What is the proper way to perform all exercises? • Why is it important to vary your exercise routine?
ongoing	Lower Body Fitness <ul style="list-style-type: none"> • Upper Leg Muscles • Lower Leg Muscles • Gluteal Muscles • Hip Abductors • Lower Abdominal Muscles 	<ul style="list-style-type: none"> • What exercises are specific for each muscle group? • What is the proper way to perform all exercises? • Why is it important to vary your exercise routine?
ongoing	Cardiovascular Fitness <ul style="list-style-type: none"> • Aerobic Exercise • Anaerobic Exercise 	<ul style="list-style-type: none"> • Why is it important to include cardio exercises into your weight training program? • How do anaerobic exercises and aerobic exercises combine to provide an optimal fitness experience?