



GRADE 10

Weight Training 10

SD43 Coquitlam

This course will prepare students to lead active & healthy lifestyles now & after they leave the high school setting with weight training as a lifetime sport or activity as the focus. Students will improve muscle function, muscular endurance, balance, coordination, speed & agility. This class will help build a strong & healthy body & a mindset that develops confidence providing opportunities for success.

Credits: 4

Approval Date: Apr 2019

Hours: 120

Trax Code: Y

GOALS AND RATIONALE

To support & encourage students to improve muscle function. How students utilize calories better, perform athletically as well as reduce their risk of injury are reachable outcomes. Students will work hard to increase muscle strength, power & force. They will increase their lean body weight, decrease body fat, increase strength of connective tissue while increasing muscular endurance.

BIG IDEAS

Our personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels. Knowing how our bodies move and function helps us stay safe during exercise. Healthy choices and proper training methods can help us reach our health and fitness goals.

ADDITIONAL INFORMATION

Aboriginal Worldviews and Perspectives: Learning is holistic, reflexive, reflective, experiential & relational (focused on connectedness, on reciprocal relationships & a sense of place). Learning involves recognizing the consequences of one's actions. Learning ultimately supports the well-being of self, family, community, land, spirits, & ancestors. Medicine wheel applications are relevant to all aspects of health & well-being.