



**GRADE 11**

# Weight Training 11

**SD36 Surrey**

This course has been developed to support and encourage student's safe and effective participation in weight training. Weight Training is an individual fitness endeavour which when performed properly, has numerous health and social implications. Students will gain hands-on weight training techniques, knowledge of principles of training, safety procedures, adaptations to training and knowledge about supplement use.

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**Credits:** 4

**Approval Date:** Jun 2018

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**Hours:** 120

**Trax Code:** YLRA

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## ADDITIONAL INFORMATION

Students will be able to develop an individual weight training program and conduct the implementation of the plan to reach personal goals. Most importantly, students who are disinterested in regular physical and health education courses but are interested in weight training have a viable, healthy option to non-activity.