



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.

Credits: 4

Approval Date: Jun 2018

Hours: 120

Trax Code: YLRA

GOALS AND RATIONALE

According to the Canadian Fitness and Lifestyle Research Institute, “over half of Canadian teenagers are sedentary...59% of teenagers, aged 15 to 19 are more likely to be sedentary than those aged 12 to 14 (51%)”. The largest percentage of non-active teenagers are at the age when physical and health education becomes elective rather than mandatory. Once a child has a choice to continue with regular physical education class, many are choosing not to partake.

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
- Following proper training guidelines and techniques can help us reach our health and weight training goals
- Making informed choices can help us reach our health and weight training goals

ADDITIONAL INFORMATION

Recommended Instructional Components: The teacher will design instructional strategies that:

- acknowledge the social nature of learning;
- embed formative assessment practices such as learning intentions, criteria, questions, descriptive feedback, self and peer-assessment;
- provide opportunities for students to share learning and reflect;
- utilize technologies and other tools in purposeful ways