

Introductory Weight-Training Course Outline HS 8-12

Day/s	Topic	Activity	Specifics
1-3	Intro to Strength Training	Resistance exercise with body weight only to include chest, back, shoulders, arms and legs. Pretest for baseline if desired via FITNESSGRAM®	Introduce body weight exercises; focus on form
4	Safe Beginnings: Intro to Lifts	Machine lifts: safety and proper form. Muscular endurance focus	Four chest/four back
5	Intro to Lifts	Students will watch a demonstration and then practice lifts with a partner. No weight; 1 × 12 reps each	Four legs/three shoulders; one new chest and one new back
6	Intro to Lifts	Students will watch a demonstration and then practice lifts with a partner. No weight; 1 × 12 reps each	Two biceps/two triceps; repeat one new leg and one new shoulder
7	Intro to Lifts	Students will complete two lifts in each muscle group. Large to small; 1 × 12-15 each	Students choose, two back, two chest, two legs
8	Determining Training Loads	Students will calculate beginning training loads.	*Method 1: by body weight
9	Circuit Training	Teacher-designed stations; 40 seconds with a partner, then switch	Focus on large muscle groups
10-11	Circuit Training	Teacher-designed stations	Focus on small muscle groups/core
12-13	Circuit Training	Teacher-designed stations	Focus on full body
14	Training with Accessory Equipment	Stability ball workout	Teacher-led
15	Training with Accessory Equipment	Bands and balance lifts/challenges; TRX®	Teacher-led/student-led
16	Flexibility	Discuss and participate in proper stretching. Pros and cons of flexibility, proper application	Teacher-led
17	Muscular-Endurance Program Design	Students will use personal goals to design their program. The program must be 10 days in length and must include all muscle groups.	Focus on adding challenge of instability; must include warm-up and cool-down
18-28	Personal Muscular-Endurance Workout	Students participate in their own program.	Student-led
29	Muscular-Strength Program Design	Introduction to muscular-strength workouts. Determine training loads/percentages.	**Method 2: Determining training loads by estimating 1RM and 1RM percentages
30	Muscular Strength	Discuss methods of designing strength programs. Provide samples for students to study and find what best fits their goals	Teacher-led discussion
31-45	Muscular Strength	Students turn in program and begin personal workout.	Students begin personal program.
46-48	Cardiovascular Conditioning	Discussion and program design. Importance of using interval training with longer, less intense training	Teacher-led stations
49-54	Become an Advocate	Partner up with one other person in class. Identify a family member/friend for whom you will design a weight-training program.	Teacher-led; follow guidelines provided or alter the activity to fit your students' needs.