

**Troy High School
Course Profiles**

Course Title: Weight Lifting

Course Prerequisites: Must be a 10th-12th grader to enroll in Weight Lifting

Course Description: This course is designed for students grades 10-12 to learn the basic fundamentals and techniques of weight training. Students will also learn how to use various cardiovascular machines and Hammer Strength machines. This course will include information on proper weight training techniques, principles of weight training, nutrition as it relates to weight training, cardiovascular training, proper stretching and warm-up techniques, and overall weight room safety and etiquette. Ultimately this course is designed for the student who is more interested in, and more serious about learning and improving their application and knowledge of strength training and for our off-season athletes that wish to keep up their development and endurance while not in season. Students in this course will spend much of their in-class time in focused workouts designed to help them reach their strength goals.

Students entering this course should already have a mastery of the following concepts and possess the following skills: Passing of PE with a grade of C or higher.

Workload Expectations for this course (list typical amount of homework, projects, presentations, papers, etc.): Students will create individual exercise programs and will log their workout minutes as an on-going document to learn from.
