

Exam Title: 1501410 Weight Training 1

Courses Assessed by this Exam: Weight Training 1

Key Vocabulary: sets, exercises, strength, plateau, results, repetitions, quadriceps, light weight, heavy weight, high repetitions, low repetitions, clean, jerk, power clean, snatch, extended, feet, knees, toes, center, shoulder-width, bar, proprioceptive neuromuscular facilitation (PNF), stretches, band, partner, table, cheat routine, complex routine, pre-exhaust routine, rest-pause routine, gravity, balance, squat, cable pull, hamstring curl, leg press, stair climber, spotter, leg curl machine, leg extension machine, biceps, bench press, cable crossovers, dumbbell curls, dumbbell extensions, single arm curls, preacher curls, ballistic stretches, intensity, duration, power lifts, speed, reaction time, agility, coordination, flexibility, endurance, blood pressure, anxiety, depression, arthritis, fracturing, bones, healthy weight, body mass index, heart rate, video analysis, align, flexed, grip, barbell, alternate drip, free weight, breath, supine, retract, squat max, dynamic stretching, warm up, static stretching, light job, body weight training, circuit training, yoga, superset body, injury, cervical spine, lower back, rotator cuff, absorbent clothes, proper cushioning, personal trainer, FITT principle, hips, elbows, deep tissue temperature, high density lipoproteins, box jumps, pin, joints, bone density

Student Tasks:

- Given specific scenarios apply weight training and physical fitness concepts to come up with the best plan of action
- Understand the different types of weight training lifts and their procedures and purposes
- Know strategies for preventing weight training injuries
- Have a basic understanding of how to treat minor weight training related injuries
- Have a complete understanding of body position, hand/feed position, and position of equipment as they apply to certain weight lifting moves/lifts
- Know the types of stretching and their uses
- Understand the concept of skill-related fitness
- Have a basic understanding of blood pressure, heart rate, and other bodily functions related to fitness and weight training
- Identify and understand different muscle groups and skeletal components related to weight training
- Know basic procedures for losing and gaining weight, building and toning muscle
- Understand proper weight room etiquette
- Have basic understanding of a variety of exercises and fitness routines
- Know the appropriate attire for the weight room