

## **Exam Title: Weight Training 1**

### **Courses Assessed by this Exam: Weight Training 1**

**Key Vocabulary:** Proper Anatomical names of major muscles, Proper names of weight lifting equipment, Stretches (Ballistic, Isometric, Passive, Static), Training principles (Frequency, Overload, Progression, Specificity), Lifting routines (high/low weight and high/low reps), BMI, muscle mass, dynamic exercises, PNF stretching, Body positioning for lifts (ex. Squat, power clean), Heart Rates (Target, Resting, Maximum), Elliptical machine, spotters, talk test, Types of lifts: bench press (bar and dumbbells), power clean, dead lift, front squats, rack position, Romanian dead lift, lunges, bent over rows, bicep curls (dumbbell, barbell, and preacher), triceps extensions, dumbbell extensions, cable crossover, leg raises, shoulder press, sumo dead lift), Serotonin, blood supply, regularity, profession, specificity, overload,

#### **Student Tasks:**

- Examples of Dynamic mobility.
- Various types of stretches, warm-up, and cool down activities and their importance.
- Workout routines for endurance vs. mass.
- Identify proper principles of training.
- Proper body positioning and form for lifting to prevent injury or increase performance.
- Various types of equipment/machines used for weight lifting and workout routines.
- Safety procedures in the weight room and communication with peers.
- Various types of weight lifts and their benefits.
- Types and rates of activity that lead to positive results in cardiovascular and cardiorespiratory fitness.
- Determine spotters for specific lifts.
- Sequencing of lifts.
- Caloric intake and the balance of exercise for personal fitness goals.
- Use of training principles to achieve personal fitness goals.
- Proper respiratory practices while lifting.
- Benefits of complex routines targeting a muscular region of the body.