

Exam Title: Weight Training 3 (1501360)
Courses Assessed by this Exam: Weight Training 3 (.5 Credit)

Key Vocabulary: Proper names of weight lifting equipment (collar/clip), types of Training (plyometric, agility, aerobic, weight), super setting, isometric, circuits, Lifting routines (high/low weight and high/low reps), BMI, muscle mass, Body positioning for lifts (ex. Squat, power clean, hands), Heart Rates (Target, Resting, Maximum), spotters, Heat related illness, Types of lifts: bench press (bar and dumbbells), power clean, dead lift (aka health lift), front squats, rack position, health lift, 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), Bioelectrical impedance, BMI scale, Skinfold testing, Hydrostatic weighting, Types of stretches (ballistic, dynamic, PNF, static), Proper Techniques, muscle contractions (eccentric, concentric), atrophy, hypertrophy, toning, strength.

Student Tasks:

- 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/rules in the weight room and communication with peers.
- Various types of weight lifts and their benefits.
- Determine spotters for specific lifts.
- Sequencing of lifts.
- Use of training principles to achieve personal fitness goals.
- Benefits of complex routines targeting a muscular region of the body.
- Injury prone areas of the body from weight lifting.
- Modification of workout plan based on unforeseen circumstances.
- Muscle mass and body fat measurement tools.
- Best practices to respond to heat related illness.
- Physiological effects from high intensity activities.
- Caloric intake and the balance of exercise for personal fitness goals.