

Weight Training 1-4

Students will learn and apply principles and techniques related to the components of health fitness: cardiovascular fitness, muscle strength & endurance, flexibility and body composition. Students will learn some anatomy and physiology of exercise, and will participate in an exercise program designed to promote health fitness. Course provides instruction and development of skills with free-weights and weight stations. **Prerequisite: Required PE**

Year 1 Course ID #
WTLIFT1-GN-Y

Year 2 Course ID #
WTLIFT2-GN-Y

Year 3 Course ID#
WTLIFT3-GN-Y

Year 4 Course ID #
WTLIFT4-GN-Y

(This course meets 1 of 12 needed Elective Graduation Credit Requirements)