

Weightlifting

Text:	N / A
Supplemental Materials:	Machines and free weights in both weight rooms in the Eckburg Center
Course Description:	Weightlifting is a course taught at Savannah Christian designed to educate the students of the benefits of a healthy life style. The course encourages students to become, and stay, interested in this life long sport. Each of the major muscle groups are described and lifts specific to each muscle group are performed. Proper grip, safety matters, techniques, and forms are stressed for every lift. Student's one rep maximum weight is recorded for the three major lifts: bench press, power clean and squats. By doing this students can monitor their improvement through the course of the year
Methods of Evaluation:	As per the Physical Education department policy, students are graded on participation and dressing out.
Pace of Instruction:	Students will progress at their individual pace.
Course Objectives:	Student will learn through lecture and example the major muscle groups of the human body. Students will learn through lecture and example how to perform each individual lift. Students will learn through lecture and example the proper safety factors involved with each lift. The student will learn through lecture and example which lifts will target specific muscle groups.
Date Completed	9/28/11