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| **TASK SHEET 1: THE BENEFITS OF WEIGHT TRAINING** |

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Objectives:**

Upon completion of the lesson, you will:

1. Demonstrate an understanding of the benefits of weight training by writing six of the nine benefits described in the lesson.
2. Demonstrate a positive attitude while participating in weight training activities as a means towards achieving a positive attitude toward lifetime fitness.

**Instructions:**

This lesson consists of a list of nine benefits of weight training. Each of the benefits is followed by a brief description of the benefit. After carefully studying the list, go to the instructor for your self-check test on this lesson. On the self-check test, you will be asked to write six of the nine benefits of weight training. If you are unable to write six benefits, you must retake the test until you are able to do so.

**The Benefits of Weight Training**

Through your enthusiastic and dedicated participation in a quality weight-training program you may experience one or more of the following benefits:

1. **Improve strength**: In the course of this class, you may experience measurable gains in muscular strength. Your body will respond to the workload placed upon it (weights) by increasing the strength of the working muscles.

2. **Improved muscular endurance**: You will be able to lift a specific amount of weight more times after participating in weight training activities.

3. **Increased muscle size**: Some gains in the size of the muscle may accompany any gains in strength or endurance.

4. **Decreased body fat**: Excessive calories result in fat storage. Exercise burns calories. You will burn calories FASTER both DURING exercise and AFTER exercise. Calories are burned in the muscles. By increasing the size of your muscles, you are increasing your body’s ability to burn calories.

5. **Improved appearance**: By reducing visible body fat and increasing the size or tone of your muscles, you can improve your physical appearance.

6. **Improved self-concept**: By improving your muscular strength, size, or endurance, you may also experience an increase in self-esteem, pride, and confidence. Also, you may experience positive feeling from reducing body fat and weight.

7. **Decreased fatigue**: After participating in a weight-training program, you will experience more energy and less fatigue in performing your everyday activities.

8. **Reduce chance of injury**: By strengthening the muscles and joints in your body, you may decrease both the frequency and degree of any possible injuries.

9. **Increased physical efficiency and productivity**: All of your bodily functions may appear to work better and require less energy. You will have more energy during and at the end of your day for enjoyable experiences.

REVIEW THE LESSON CAREFULLY AND PROCEED TO TAKE THE SELF-CHECK TEST.

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| **SELF-CHECK TEST FOR: THE BENEFITS OF WEIGHT TRAINING** |

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Period** \_\_\_\_\_\_\_\_

**Directions:** Write six of the nine benefits of weight training covered in the previous lesson. When you have finished, get an answer key from the instructor and correct your test. If you miss any answers, go back and review the previous lesson and retake the test. Continue this procedure until you can write six of the nine benefits of weight training.

Write six of the nine benefits of weight training:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(OPTIONAL): Write the other three benefits if you can:

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(**ANSWER KEY)SELF-CHECK TEST FOR:**

**THE BENEFITS OF WEIGHT TRAINING**

Write six of the nine benefits of weight training:

1. *Improve strength*

*2. Improve muscular endurance*

*3. Increase muscle size*

*4. Decrease body fat*

*5. Improve appearance*

*6. Improve self-concept*

*(optional): write the other three benefits if you can:*

*7. Decrease fatigue*

*8. Reduce chance of injury*

*9. Increase physical efficiency and productivity*

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| **TASK SHEET 2: EQUIPMENT IDENTIFICATION** |

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Period** \_\_\_\_\_\_\_\_

**Objectives:**

Upon completion of this lesson, you will:

1. Identify all the equipment available for your use in the weight room.

**Instructions:**

A display of the various equipment is arranged for you to walk by and identify. Each piece of equipment will have a folded card attached to it. On the outside of the card, you will find a number. The name of that piece of equipment will be written on the inside of the card. As you walk by the equipment, carefully open the cards to learn the names of the equipment. Mark a check on this sheet next to the number of each piece of equipment that you studied. After you have studied the equipment, ask your instructor for a self-check test.

1. \_\_\_\_\_ Universal machine 11. \_\_\_\_\_ weight training belt

2. \_\_\_\_\_ barbell 12. \_\_\_\_\_ Olympic curl bar

3. \_\_\_\_\_ barbell rack 13. \_\_\_\_\_ Olympic bench

4. \_\_\_\_\_ dumbbell 14. \_\_\_\_\_ squat rack

5. \_\_\_\_\_ dumbbell rack 15. \_\_\_\_\_ adjustable standard bench

6. \_\_\_\_\_ standard plate 16. \_\_\_\_\_ adjustable slate board

7. \_\_\_\_\_ standard collar 17. \_\_\_\_\_ abductor/adductor machine

8. \_\_\_\_\_ Olympic bar 18. \_\_\_\_\_ heel lift board

9. \_\_\_\_\_ Olympic plate 19. \_\_\_\_\_ lat pull down

10. \_\_\_\_\_ leg extension/ leg curl 20. \_\_\_\_\_ Olympic collar

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| **SELF-CHECK TEST FOR: EQUIPMENT IDENTIFICATION** |

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Period** \_\_\_\_\_\_\_\_

**Directions:** A display of the various equipment will be arranged for you to walk by and identify. Each piece of equipment will have a number attached to it. You are to identify the equipment by writing the number next to the appropriate piece of equipment listed below. After completing the test, get an answer key from your instructor and correct your own test. If you missed any answer, go back to the display and correctly identify the items missed.

1. \_\_\_\_\_ Universal machine 11. \_\_\_\_\_ weight training belt

2. \_\_\_\_\_ barbell 12. \_\_\_\_\_ Olympic curl bar

3. \_\_\_\_\_ barbell rack 13. \_\_\_\_\_ Olympic bench

4. \_\_\_\_\_ dumbbell 14. \_\_\_\_\_ squat rack

5. \_\_\_\_\_ dumbbell rack 15. \_\_\_\_\_ adjustable standard bench

6. \_\_\_\_\_ standard plate 16. \_\_\_\_\_ adjustable slate board

7. \_\_\_\_\_ standard collar 17. \_\_\_\_\_ abductor/adductor machine

8. \_\_\_\_\_ Olympic bar 18. \_\_\_\_\_ heel lift board

9. \_\_\_\_\_ Olympic plate 19. \_\_\_\_\_ lat pull down

10. \_\_\_\_\_ leg extension/leg curl 20. \_\_\_\_\_ Olympic collar

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| **TASK SHEET 3: ACCEPTABLE CONDUCT** |

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Period** \_\_\_\_\_\_\_\_

**Objectives:**

Upon completion of this lesson you will:

1. Demonstrate an understanding of acceptable conduct while utilizing the weight room by passing an objective exam with a score of 100%.

**Instructions:**

This lesson consists of a list of guidelines for acceptable conduct. You will find the behavior or rule listed and followed by the reason for the rule. After carefully studying the lesson, you will take a test covering acceptable conduct. You must pass with a score of 100%. You must understand and adhere to the safety rules if you are to participate in this class. If you score less than 100% on the test, your instructor will have you review the lesson and retake the test.

**Acceptable Conduct**

While using the weight room, you will display acceptable conduct by:

RULE: Not touching any equipment until directed to do so by your instructor.

REASON: If you are occupied with the equipment, you cannot listen for any important information or directions from your instructor. Also, you may be making noise and keeping others from hearing directions.

RULE: Dressing appropriately for activity.

REASON: You must have freedom of movement. Your clothes cannot inhibit your ability to exercise through the full range of motion. Street clothes are unacceptable.

RULE: Refraining from making excessive noise or engaging in horseplay.

REASON: Noise and horseplay disturb other students and make it difficult to communicate and concentrate. It is unsafe.

RULE: Not eating or drinking in the weight room.

REASON: You can easily choke on food if you eat while exercising. You cannot adequately digest food while you are exercising. You may spill your food or drink in the weight room.

RULE: Not banging or dropping of the weights.

REASON: You can damage the equipment or floor or drop a weight on yourself or a classmate. Banging weights creates annoying noises and disturbs others. You are not exercising properly when you allow the weights to drop quickly.

RULE: Returning all equipment to the proper place.

REASON: Other students may be looking for that piece of equipment. It is not safe to leave weights or equipment on the floor.

RULE: Using a towel when appropriate to keep equipment clean and free from sweat, grease, and dirt.

REASON: It is highly undesirable to sit or lay in someone else’s sweat or grease. All forms of dirt can corrode the equipment and keep it from working properly.

\* If necessary, review the lesson again prior to taking your test.

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| **SELF-CHECK TEST FOR: WEIGHT ROOM ACCEPTABLE CONDUCT TEST** |

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Period** \_\_\_\_\_\_\_\_

**Directions:** (TRUE/FALSE) Write the entire word TRUE or FALSE in the space provided. Any other symbol or mark will be scored as incorrect.

1. \_\_\_\_\_ Students should not touch any equipment until directed to do so by the instructor.

2. \_\_\_\_\_ Students may drop or bang the weights as long as it doesn’t bother anybody.

3. \_\_\_\_\_ Students should return all equipment to the proper place.

4. \_\_\_\_\_ Students should use a towel to keep equipment clean and free from sweat, grease, and dirt.

5. \_\_\_\_\_ Students may eat or drink in the weight room if they are neat and clean up after themselves.

6. \_\_\_\_\_ Screaming and yelling in the weight room is acceptable because it helps you to lift more weight.

7. \_\_\_\_\_ Physical education uniforms are permitted in the weight room since they will not restrict your movement. Street clothes are not permitted for working out.