

TASK SHEET 4: GENERAL SAFETY PROCEDURES

Name: _____

Date: _____ Period _____

Objectives:

Upon completion of the lesson, you will:

1. Demonstrate an understanding of general safety procedures while using the weight room by passing an objective exam with a score of 100%.

Instructions:

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

General Safety Procedures

While using the weight room, you will demonstrate an understanding of general safety procedures by:

- RULE: Always following the rules of acceptable conduct.
REASON: By doing so, you are contributing to a safe environment for all students.
- RULE: Performing only the lifts taught in this class.
REASON: The lifts for this class were carefully analyzed and explained. You might not perform another lift properly or safely. Someone else may see you do it and try to imitate you unsuccessfully.
- RULE: Utilizing proper exercise techniques.
REASON: Any deviation may be dangerous to your health and safety or to the health and safety of others. You may not receive the full benefit of the exercise if you change the technique.
- RULE: Using spotters on all required lifts and whenever desired.
REASON: Spotters ensure safety and can provide motivation.
- RULE: Using weight training belts on all required lifts and whenever desired.
REASON: The belts will help support your back and reduce the chance of injury.
- RULE: Inspecting the cables/collars prior to each exercise and notify the instructor if they need repair.
REASON: The weights may fall off the bar and injure you or another student.
- RULE: Reporting any broken or damaged equipment to the instructor.
REASON: The instructor may not be aware of it. The instructor can inform other students of the situation. The instructor may be able to fix it.

GENERAL SAFETY PROCEDURES 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 are demonstrating safe behavior when following the guidelines for acceptable conduct.
2. _____ Students may perform exercises that were learned from a magazine or book.
3. _____ Students may change an exercise technique as long as it makes it easier for them to lift the weight and they are careful.
4. _____ Students must use spotters on all required lifts.
5. _____ Students must use weight belts on all required lifts.
6. _____ Students may not use spotters whenever they desire because spotters are scarce in the weight room.
7. _____ Students do not need to inspect the collars prior to each exercise because the instructor does it before class.
8. _____ Students should notify the instructor if a collar needs tightening.
9. _____ When students discover broken equipment, they should remain silent because they may be blamed for damaging it.

TASK SHEET 5: WARM-UP AND COOL-DOWN

Name: _____

Objectives:

Upon completion of this lesson you will:

1. Understand the importance of the warm-up.
1. Understand the importance of cool-down.

Instructions:

This lesson is presented with a paragraph of information followed by questions pertaining to the paragraph. The answers to the questions are found below the three asterisks (***) that follow each question. By folding a piece of paper and sliding it down the page, you keep the answers covered until you have made a response to the question. After you respond, slide the paper down and compare your answer with the answer given below the asterisks. If your answer is correct, then go to the next question. If your answer is incorrect, then review the preceding paragraph and find out why your answer was wrong. Be sure to write the correct answer on your lesson.

Warm-Up

Prior to any vigorous exercise, including weight training, you should engage in an appropriate warm-up activity. Your body is very much like a car in that it performs much better after a few minutes of warming up prior to driving it in the morning. Much of the wear and tear on a car occurs during the first few minutes of driving after an inadequate warm-up.

Appropriate warm-up activities for weight training consist of performing exercises that are intense enough to cause perspiration and increase body temperature. By increasing the temperature of the body and muscles, you make it easier for the muscles to contract and they are less prone to injury. The warm-up exercises you choose should come from the exercises you are going to perform in your workout. Prior to beginning your workout set, you should perform the exercise with a very light weight that you can lift ten times very easily. This will get your muscles accustomed to performing the movement with a light weight so they are better prepared for the heavier workout weight.

1. Prior to any vigorous physical activity you should engage in an appropriate _____ activity.
*** warm-up
2. Your body can suffer extra wear and tear and possibly _____ from an inadequate warm-up.
*** injury
3. An appropriate warm-up activity should be intense enough to cause _____ and increase body temperature.
*** perspiration
4. Increasing the temperature of the muscles makes it easier for them to _____.
*** contract
5. Your warm-up set should be performed with a light weight that you can easily lift _____ times.
*** ten

Cool-Down

You have already learned the importance of an adequate warm-up prior to vigorous exercise. An Adequate cool-down after exercise is equally important. It is not good for the human body to exercise hard for a period of time and then to stop abruptly. It needs to be cooled down gradually.

The blood in your body will go to the place that it is needed the most. After eating a meal, a great deal of blood will go to the digestive system to help digest the food. This means that there would be less blood available for the working muscles if you were to engage in physical activity immediately after eating. For this reason, it is recommended that you do not eat for approximately thirty minutes prior to or after exercising. During vigorous exercise, the blood in your body goes to the working muscles to supply them with the necessary oxygen and nutrients and to carry off the waste products produced by exercise. When you stop exercising, the blood is still in the muscles and needs time to circulate back to the heart and brain. If you stop suddenly and sit down, blood may pool in your muscles and prevent an adequate supply of blood from reaching the brain. This may cause you to become a little light headed or dizzy. By walking or moving around for a few minutes after exercise, your muscles will help to pump the blood out of the muscles and back to the heart. This will also reduce the amount of post-exercise soreness.

1. The cool-down is _____ important as the warm-up.
a. more b. less c. just as
*** c
2. It is not good for you to exercise hard and then to _____ abruptly.
*** stop
3. The blood in your body will go to the place that it is _____ the most.
*** needed
4. It is recommended that you do not eat for approximately _____ minutes prior to or after exercising.
a. ten b. thirty c. five d. fifteen
*** thirty
5. During exercise, the blood goes to the working muscles to supply them with the necessary nutrients and _____.
*** oxygen
6. Sitting down immediately after exercising may cause the blood to _____ in the muscles.
*** pool
7. Walking or moving around after exercise will help to reduce the amount of _____ in working muscles.
*** soreness

TASK SHEET 6: THE BASIC LIFTING TECHNIQUE
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Name: _____

Date: _____

Partner's Name: _____

Period _____

Student Information: You will be working with a partner in this lesson. In this lesson you will learn how to perform the basic lifting technique. This technique includes both lifting the weight from the floor as well as returning it. The two parts are equally important in weight training. Mastery of the basic lifting technique will greatly reduce your chances of back injury.

Objective: Using a barbell weighing 20 pounds or less, you will perform ten repetitions of the basic lifting technique demonstrating proper form.

Directions:

1. Choose a partner that you would like to work with while completing this lesson.
2. Go to the appropriate viewing station with your partner and view the videotape on the basic lifting technique.
3. Go to the practice area with your partner and decide who will be the doer (lifter) and who will be the observer.
4. The doer will practice performing the basic lifting technique while the observer records and gives feedback.
5. The observer will mark the appropriate response (YES/NO) for each check point and give verbal feedback for each "no" response.
6. The observer should check only one check point at a time.
7. Be sure to switch roles with your partner.
8. You will repeat this lesson until you receive a "yes" response on all of the check points.

BASIC LIFTING TECHNIQUE

	Yes	No
LIFTING THE WEIGHT FROM THE FLOOR		
1. Assume a stance with the feet shoulder width apart and the toes slightly pointed out and directly underneath the bar		
2. Keep the back straight throughout the task.		
3. Keep the arms straight throughout the task, keeping them shoulder width apart along the outside of legs.		
4. Bend at the hips and knees until the hands reach the bar.		
5. Grasp the bar firmly, keeping the back and arms straight		
6. Keep the head in a vertical position with the eyes looking forward.		
7. Inhale prior to lifting the bar.		
8. Stand slowly, extending the hips and legs until the body is in a vertical position.		
9. Exhale approximately two-thirds of the way up.		
RETURNING THE WEIGHT TO THE FLOOR	Yes	No
10. Keep the head in a vertical position with the eyes looking forward.		
11. Keep the back and arms straight at all times.		
12. Slowly bend at the hips and knees until the bar touches the floor.		
13. Repeat for a total of ten repetitions.		

