

Principles of Weight Training and Conditioning

This Physical Education section places emphasis on the principles of weight training and conditioning. The student will understand how and why weight training and conditioning benefits the student's ability to build muscle, strengthen core muscles, prevent injuries, and perform athletically. The student will learn to assess one's own fitness needs and how to attain and maintain personal fitness for a lifetime. Additional emphasis is placed on the five health-related components of fitness including cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition control. Individual student fitness levels will be assessed, and the students will formulate personal goals and develop individual fitness programs. Instruction includes emphasis on health risk factors related to lifestyles and how nutrition affects wellness. This course may be taken more than once for credit.

Credits 1

Grades

11, 12

Schools

Battlefield High School

Brentsville District High School

Colgan High School

Forest Park High School

Freedom High School

Gainesville High School

Gar-Field High School

Hylton High School

Osborn Park High School

Patriot High School

Potomac High School

Unity Reed High School

Woodbridge High School

Prerequisites

[Health and Physical Education 1](#)