

ENERGY ROOM OBJECTIVES

-Students will demonstrate proper techniques when performing weight-training exercises.

-Students will identify primary muscle groups used in weight-training exercises.

-Students will demonstrate the ability to assess their current fitness levels in aerobic capacity, strength, muscular endurance, and flexibility.

-Students will demonstrate an appropriate knowledge level of fitness components, fitness assessment, basic human anatomy, exercises, and heart rate.

-Students will demonstrate an appropriate knowledge level of basic nutrition.

-Students will demonstrate an appropriate knowledge level of muscle strength and muscle endurance.