

Advanced Weight Training

Instructional Slide Show and Video Assignment

Instructional Slide Show Assignment (Qtr 1): Assignment is worth 50 points, 25 each for the lift and plyometrics assignment. Each student must select 1 lift and 1 plyometrics/warm-up activity to present. Sign up with Mr. Taylor so nobody doubles up on an exercise.

*Describe in detail proper safety measures that should be taken, proper spotting techniques, important technique details, and explain/show what muscle(s) are being worked. Pictures and/or diagrams would be expected as part of your slide show. Are there any variations to your exercise?

*Set up your Slide Show using Google Docs, and when all slide shows are complete it will be combined into one instruction slide show.

Lifts(Sign up for 1): Bench, Squat, Clean, Arm Curl, Fly, Incline Bench Press, Military Press, Jammer, Upright Row, Hip Sled, other.

Plyometrics/Warm-up(Sign up for 1): Box Jumps, Squat Jumps, Depth Jump, Pushup(variations), Medicine Ball Exercises', Kettle Bell Exercises', Dips, Leg Raisers, Agility Ladder, Jump Rope, other.

Video Assignment (Qtr 2): The video portion of this assignment is worth 50pts. Each student needs to create a short instructional video featuring the lift and plyometrics exercise they researched. These videos can be done in a group setting, providing assistance for each other. The video should include audio that describes the lift, tells which muscles are being worked, what safety measure need to be taken, and explain and demonstrate proper technique. Video should be made available in Google Docs. When all videos are finished, one instructional video will be created.