

## **Elective Physical Education 3 Course Outline**

### Advanced Weight Training

#### Review of topics from Elective Physical Education 1 & 2

- Rules, safety standards and procedures

- Terminology

- Basic anatomy

- Basic exercises

- Nutrition & drugs

- Speed & agility training

- Training programs

#### Advanced Training Programs

- Breakdown training

- Assisted training

- Pre-exhaustion training

- Slow training

  - Positive training

  - Negative training