

Application of Fitness Knowledge – Weight Training

4. Students independently record data correctly on a Personal Exercise Data Card showing evidence of a correctly designed exercise program with an established goal and the correct number of sets, reps, and weight for that goal. Students' written work shows correct calculations and the application of Principles of Exercise and the FITT Formula.
3. Students independently complete the exercise data card but show minor errors identifying exercises, calculating a one-rep max, and applying Principles of Exercise and/or the FITT Formula for this activity. Students may hesitate or seek confirmation from others when completing the assignment.
2. Students show major errors in completing the exercise data card, applying Principles of Exercise, and/or the FITT Formula indicating they need assistance to exercise safely and productively in this activity.
1. Students do not complete the exercise data card and/or show little understanding of Principles of Exercise or the FITT Formula for this activity. Students need direction and/or supervision to participate in the activity.

Application of Skills and Safety as a Lifter - (Free Weights) - Weight Training -

4. *Using free weights*, students select the appropriate exercise to match the assigned muscle group. Students select proper weight and demonstrate correct skill with few, if any, observable errors in technique (e.g., positioning, alignment, grip, breathing, tempo/rhythm, optimal range of motion). Students demonstrate proper equipment management when loading, securing, and unloading free weights.
3. *Using free weights or weight machines*, students select the appropriate exercise to match the assigned muscle group. Students select proper weight but demonstrate minor errors in technique (e.g., positioning, alignment, grip, breathing, tempo/rhythm, optimal range of motion) and/or minor errors in proper equipment management when loading, securing, and unloading free weights or a machine.
2. Students select appropriate exercise (free weights or weight machines) to match the assigned muscle group, but make major errors in weight selection, form/technique and/or equipment management. Students need assistance to effectively complete the activity.
1. Students select an inappropriate exercise (free weights or weight machines) to match the assigned muscle group and/or make major errors in weight selection, form/technique and/or equipment management resulting in consistently incorrect and ineffective performance. Students need direction and/or supervision to safely complete the activity.

Application of Skills and Safety as a Lifter – (Machines)

- Weight Training -

3. *Using weight machines*, students select the appropriate exercise to match the assigned muscle group. Students select proper weight and demonstrate correct skill with few, if any, observable errors in technique. Students demonstrate proper equipment management.
2. Students select appropriate exercise (free weights or weight machines) to match the assigned muscle group, but make major errors in weight selection, form/technique and/or equipment management. Students need assistance to effectively complete the activity.
1. Students select an inappropriate exercise (free weights or weight machines) to match the assigned muscle group and/or make major errors in weight selection, form/technique and/or equipment management resulting in consistently incorrect and ineffective performance. Students need direction and/or supervision to safely complete the activity.

Application of Skills & Safety as a Spotter - (Free Weights)

- Weight Training -

4. *Using free weights*, students demonstrate effective spotting skills (hand and body position) with no observable errors in technique. Students remain constantly attentive and provide verbal support (compliments and encouragements) to the lifter. Spotters follow weight facility safety procedures correctly and maintain a safe environment during the exercise. Spotters assist (not lead) their partners with proper equipment management and do not "over-spot."
3. *Using free weights or weight machines*, students demonstrate spotting skills (hand and body position) with minor errors. Spotters remain attentive throughout the exercise, follow weight facility safety procedures correctly and maintain a safe environment during the exercise.
2. Students demonstrate spotting skills with major errors in technique. Spotters may provide inconsistent spotting, show a lack of attention, lead partner with equipment management, and/or over-spot resulting in ineffective performance. Students may need assistance to safely complete the task.
1. Students fail to spot partner and/or are distracted or distract others during the lift. Students need direction and/or supervision to safely complete the task.

Application of Skills & Safety as a Spotter – (Machines)

- Weight Training -

3. *Using weight machines*, students demonstrate effective spotting skills with no observable errors in technique. Student remain constantly attentive and provide verbal support to the lifter. Spotters follow weight facility safety procedures correctly and maintain a safe environment. Spotters assist (not lead) their partners with proper equipment management and do not over-spot.
2. Students demonstrate spotting skills with major errors in technique. Spotters may provide inconsistent spotting, show a lack of attention, lead partner with equipment management, and/or over-spot resulting in ineffective performance. Students may need assistance to safely complete the task.
1. Students fail to spot partner and/or are distracted or distract others during the lift. Students need direction and/or supervision to safely complete the task.

Personal/Social Responsibility and Safety

- Weight Training -

4. Students participate with high intensity, self-direction, and attention to detail, both in the activity and in completing the Personal Exercise Data Card. Students participate energetically and safely demonstrating self-control and respect for the positive and safe experience of others. Students challenge themselves and others to high levels of performance.
3. Students participate energetically and safely demonstrating self-control and respect for others.
2. Students participate safely demonstrating self-control and respect for others but are inconsistent in energy.
1. Students lack self-control and/or need reminders and encouragement from others to participate in a safe, energetic, and/or respectful manner.