

8th and 9th Grade Weight Training: Cognitive Concepts / Information Handout

Safety/Awareness

- Safety – no horseplay, be aware of others, use collars on bars, train smart
- Spotting – always work with a partner that can assist and guide you
- Proper form and technique – these are more important than amount of weight lifted
- Responsibility – take care of equipment, clean up after use, log your work on training sheet, help others
- Discipline/Work Ethic – learn how to establish a disciplined work ethic, through working out consistently
- Best Effort – Understand that all are at different levels, do your absolute best, don't worry about the weight, challenge yourself

Weight Training Principles and Terms

- Reps – number of times lift is performed
- Sets – group of reps
- Frequency – number of workouts per week
- Duration – how long a workout is
- Intensity – how difficult a lift is, based on weight, reps, or speed
- Concentric – positive or upward portion of lift
- Eccentric – negative or downward portion of lift
- Overload – working muscles harder than usual
- Hypertrophy – muscle growth
- Atrophy – muscle loss, use it or lose it
- Anaerobic – training without oxygen, quick bursts (weight lifting)
- Peak Contraction – flexing muscle hard at the point of contraction (top of movement)

Intensity Tactics

- High reps
- Low reps
- Ascending sets (pyramid up)
- Descending sets (pyramid down)
- Straight sets (same number of reps in each set)
- Forced Reps (partner provides enough help to complete the rep)
- Static Sets (pause and hold lift at a certain point throughout the movement)
- Drop Sets (series of continuous sets, dropping the weight between each)
- Negative Sets (lower weight as slow as possible under control, then lift up with a spotter's assistance)

12 Major Muscle Groups (worked in weight room):

Deltoids=shoulders, Pectoralis major=chest, Biceps=frontal upper arm, Triceps=rear upper arm, Rectus Abdominus=stomach, Quadriceps=frontal thigh, Hamstrings=rear thigh, Gluteus Maximus=buttocks, Gastrocnemius=calf, Trapezius=upper back, Latissimus Dorsi=sides of back (wings), Obliques=angled abs side of stomach