

RESISTANCE TRAINING INTRO

FACULTY
PDHPE

COST
\$30

Costs cover learning resources

HOURS
50

School developed

Welcome to the exciting world of Resistance Training! This elective is specially designed for Year 7 students who want to get stronger, improve their fitness, and learn about living a healthy life. In this course, you'll explore different types of exercises that help build strength, from using your own body weight to working with bands and light weights. We'll start with the basics, teaching you how to do exercises safely and effectively. You'll also learn about the main muscle groups, how they work, and how to target them with different exercises.

By the end of the course, you'll know how to include resistance training in your life, giving you the power to keep getting stronger and feeling more confident. Whether you want to be a better athlete or just stay healthy, this elective will give you the skills and knowledge you need. Get ready to discover your inner strength and join us for an exciting journey into resistance training!

Each week, we'll focus on different parts of resistance training, and we'll have fun activities and challenges to keep things interesting. You'll work with others and on your own, setting goals and keeping track of your progress.

FUTURE PATHWAY

Stage 5
Physical Activity and Sports Studies (PASS)
Sport and Recreation for Life

Stage 6
Health and Movement Science
Sports Coaching
Sport Lifestyle and Recreation

HIGHER EDUCATION

Exercise Physiology
Sports Science
Sports Coaching
Physiotherapy

CAREER OPPORTUNITIES

Personal Trainer
Sports Coach
Fitness Consultant
Sports Marketer
Strength and Conditioning Coach
Sports Administrator
Sport Development