

FSE:WEIGHT TRAINING POSTER(S)

10% of Grade

Student task: design 2 weight training posters

POSTER 1: for a weight training exercise of your choice design a "how to" poster (no machine exercises, you may choose a free weight, plyometric, kettlebell, stability ball exercise)

**POSTER 2: choose a weight training exercise (no machines) that is Specific to a sport of your choice
Outline the rationale for choosing the exercise for your Sport**

For each poster you must include:

- **A minimum of 2 pictures of the exercise, highlighting the main muscles (be specific e.g. not arms, triceps or biceps) worked in the exercise**
- **Description of the starting position for the exercise**
- **Description of the proper technique for the exercise**
- **Description of the finishing/final position for the exercise**
- **Identify the main muscles worked**
- **Alternative methods of performing exercise (stability ball, free weight, etc.)**
- **Safety tips (Do's & Don'ts)**

WEIGHT TRAINING POSTER TEMPLATE #1

NAME OF EXERCISE: _____

SPORT: _____

RATIONALE:

MUSCLES WORKED:

STARTING POSITION:

EXERCISE TECHNIQUE:

FINAL POSITION:

SAFETY TIPS/DO'S & DON'TS:

ALTERNATIVE METHODS:

WEIGHT TRAINING POSTER TEMPLATE #2

NAME OF EXERCISE: _____

MUSCLES WORKED:

STARTING POSITION:

EXERCISE TECHNIQUE:

FINAL POSITION:

SAFETY TIPS/DO'S & DON'TS:

ALTERNATIVE METHODS:

