



11

Self-Assessment

Student text pages 181-184

DETERMINING YOUR MODIFIED 1RM AND GRIP STRENGTH

Objective: To perform strength self-assessments to determine 1RM and grip strength.

Procedure: Follow the instructions in the text on page 181-184. In the chart for part 1, record the weight lifted, the number of reps, your estimated 1RM, your calculated strength-to-weight ratio, and your fitness rating.

Part 1: Estimating Your 1RM

Exercise	Weight	Number of reps	Estimated 1RM	Strength-to-weight ratio	Rating
Seated Arm Press					
Leg Press					
Additional exercises (optional; see pages 193-196 for descriptions)					
Bench Press					
Knee Extension					
Hamstring Curl					
Biceps Curl					
Heel Raise					
Lat Pull-Down					
Triceps Press					

Part 2: Grip Strength

To test the strength of your hand grip using the dynamometer, follow the instructions on textbook page 184. Use the chart below to record your results. Then use the Grip Strength Rating Chart to determine your strength rating.

Hand used		First trial	Future trial	Future trial
		Date: _____	Date: _____	Date: _____
Right hand	Best score			
Left hand	Best score			
	Total score			
	Grip strength rating			



11.2

Activity

Student text pages 192-198

FUNDAMENTALS OF WEIGHT AND RESISTANCE TRAINING

Objective: To perform weight and resistance training exercises to improve muscular strength and endurance.

Procedure: Follow the instructions on textbook pages 192-198. For each of the exercises, coach and assist your partner in mastering the proper procedures for each level. Place a “✓” in each box as you work through the mastery levels for each exercise. When you have mastered Levels 1, 2, and 3 of each exercise, you may move on to Level 4 as time permits. Record the sets and reps achieved for each exercise in the Level 4 box.

- Level 1 mastery:** Lifting technique, no weight. Perform each exercise without any weights by using a wand or stick instead of a barbell. Concentrate on correct form (placement of body parts) when you are working. Give useful coaching when you are watching your partners.
- Level 2 mastery:** Spotting technique, no weight. While your partner performs the lift with the wand, you and another partner practice correct spotting technique. Pay particular attention to your leg and hand positions.
- Level 3 mastery:** Lifting and spotting, light weights. Perform each exercise, using light weights, 5 lifts each. Practice your lifting and spotting techniques, and continue to give each other coaching on both lifting and spotting techniques.
- Level 4 mastery:** Begin your normal workout using free weights. Select the appropriate percentage of 1RM and the appropriate number of sets and repetitions (see Self-Assessment 11). Perform each of the Basic 10 exercises.

Exercise	Level 1	Level 2	Level 3	Comments on assisting/coaching	Level 4		
					Weight	sets	reps
Seated Overhead Press							
Bench Press							
Knee Extension							
Half Squat							
Hamstring Curl							
Biceps Curl							
Heel Raise							
Seated French Curl							
Bent Over Dumbbell Row							
Back Extension Exercise (Trunk Lift)							
Abdominal Exercise (Curl-Up)							

Were there any exercises that were difficult for you to perform? What do you think you can do to help you perform them better?
