**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Strength Training 1**

*Final Paper Guidelines*

Each student will write a paper on a lift/exercise (sign-up sheet). The student will type at least a 1 page (double spaced, 12 font, Times New Roman) paper with the information listed below.  Proper formatting and grammar must be included.  When finished, share with: jbrown@wcusd200.org.

**Paper Checklist**

Identify Exercise / Lift \_\_\_\_/1 Point

Identify a dynamic warm up that is beneficial to the lift and why \_\_\_\_/2 Points

Explain equipment used and set-up \_\_\_\_/3 Points

Explain 3 important technique elements of the lift \_\_\_\_/3 Points

Identify the primary muscle being trained (use notes from class) \_\_\_\_/1 Point

Identify 2 secondary muscles being trained (use notes from class) \_\_\_\_/2 Points

Identify and explain safety concerns (at least 2 potential) \_\_\_\_/4 Points

1 Paragraph (5 sentences) regarding goals or type of program you will create in S2 \_\_\_\_/5 Points

Proper Formatting/Grammar/Length             \_\_\_\_/4 Points

*The paper is worth 25 points in the assessment category.*