

Final Project for Weight Training

Mr. Murdock - UOS

Please pick one of the following projects and submit to me at cmurdock@utahonline.org preferably after you have finished the course and one week before the end date for your course. .

You should spend at least one hour (but no more than three) on the project.

1. Write an essay (3-5 paragraphs) that illustrates the difference between strength and power. Why is it important to know the difference? How can this change how someone trains?
2. Make an advertisement (poster, video, song, etc.) that would motivate someone to start a weight training program. What are the benefits of weight training? Who should be lifting weights?
3. Pick a sport and design a specific weight lifting program for it. Make it 3-6 weeks long and explain a little bit about how each lift will help an athlete training for this particular sport.
4. Create your own final project. Submit your proposal to me no later than two weeks before the end date for your course. .