Weight Room Skill Assessment Criteria

You will be responsible to know 8 muscles. Out of those 8 muscles you will be expected to demonstrate 5 of those muscles for a skill assessment grade. You must correlate that muscle to a movement created by a *weight training* exercise.

The 8 muscles are….

- Biceps
- Triceps
- Hamstrings
- Quadriceps (Quads)
- Abdominals (Abs)
- Deltoids (Delts)
- Latissimus Doris (Lats)
- Pectoralis Major (Pecs)

You will choose 5 muscles randomly from a deck of index cards. For each muscle that you pick you will be expected to demonstrate the proper weight training exercise that works out that muscle.

The skill assessment will commence once you have chosen an index card, you will show the teacher the weight training exercise. You will then perform a 1 set 5 rep routine using the correct amount of weight according to your muscular goals you set at the beginning of class (strength vs. endurance).

To receive full credit you must demonstrate the correct exercise for the muscle group that you selected. It must be an exercise where the targeted muscle is the *major muscle* being worked. It cannot be an exercise where the muscle is the *minor muscle* being worked.

You will demonstrate the proper way to use the equipment and how to any adjustments if it is applicable for that exercise. After you have demonstrated one muscle group you will continue until all 5 randomly selected muscle groups are tested.

Muscle groups for Skill Assessment

- Biceps
- Triceps
- Hamstrings
- Quadriceps (Quads)
- Abdominals (Abs)
- Deltoids (Delts)
- Latissimus Doris (Lats)
- Pectoralis Major (Pecs)

Skill Assessment Checklist

You must complete the following to receive full credit for each muscle during the assessment..

1. Locate/describe where the muscle is located on the body.
    - Example: Front or Back, Arms or Legs

2. Name the weight routine/weight machine you are going to use.
    - Example: Dumbbell Bicep Curl

3. Locate the appropriate weights/weight machine you can use to work out the muscle chosen.

4. Perform 5 repetitions with/on the designated weights/weight machine.
    - Make sure you make all of the adjustments needed before demonstrating.

5. Use correct form while demonstrating the 5 repetitions.