

# Weight Room Skill Assessment Criteria

You will be responsible to know 8 muscles; for 3 of those muscles 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 3 muscles randomly from a deck of index cards. For each muscle that you pick you will be expected to correlate that muscle to a weight training exercise.

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 full set with 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 3 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)