**Make-Up Assignment for Missing Weight Training Work-outs**

Missed weight training days can be made-up in two ways:

**1.** The student can make arrangements to come into the weight room and work-out at a time that is designated for that purpose. A 60-minute work-out is required to make up days that are missed from weight training. This does not all have to be done in a single 60-minute session.

**2.** The student may write a **TWO** page paper (or two one page papers ) on a strength training related topic for each day of weight training that is missed. Papers can be hand-written or typed, but must be done neatly. The quality of the paper will determine the number of points that are earned.

**STRENGTH TRAINING TOPICS**

Steroid Use and Abuse

Benefits of Strength Training

Strength Training and the Elderly – Benefits and Risks

Strength Training and Women

Strength Training and Children – Benefits and Risks

Dietary Supplements - Risks vs. Benefits

Types of Strength Training - Pros/Cons of Different Types

Safety Issues in Strength Training

Strength Training Myths and Misconceptions

Proper Nutrition for Best Strength Training Results

Strength Training Related to a Particular Sport

(for example Strength Training for Baseball)

Principles for Developing an Individual Work-Out Program

Free Weights vs. Machines – Pros/Cons of Each Type of Equipment

New Ideas in Strength Training

Strength Training and the Aging Process

**\*\*\*These are just suggested topics. You can write on anything related to strength training.**