

Weight Training Physical Education Curriculum Scope and Sequence

Critical Cognitive Content:

1. Standard Fitness Testing
 - a. Fitness Tests
 - b. Assessment (self and teacher)
2. Goal Setting
 - a. Short Term Goals
 - b. Long Term Goals
3. Fitness and Wellness
 - a. Components of health-related fitness
 - b. Warm-up and cool down
 - c. Health and wellness benefits of exercise
 - i. Disease prevention
 - ii. Academic achievement
 - iii. Confidence improvement
 - d. FITT formula
 - e. Exercise vs Activity
4. Cardiovascular Fitness
 - a. Benefits
 - b. Aerobics vs Anaerobic
 - c. Target Heart Rate Zones
 - d. Rate of Perceived Exertion
 - e. FITT
5. Flexibility
 - a. ROM
 - b. FITT
6. Muscular Fitness
 - a. Benefits
 - b. Sets vs Reps
 - c. Plyometrics
 - d. Interval training
 - e. Calisthenics
 - f. FITT
7. Body Fat Composition
 - a. Factors influencing body fat
 - b. Weight vs Fat
 - c. Eating disorders
 - d. Nutrition
8. Personal Fitness Program Planning

Weight Training Critical Content

- I. Introduction
 - a. Names of equipment/terminology
 - b. Where equipment is located
 - c. Core workouts
 - d. Sets and Reps
 - e. Notebooks
 - 1. Purpose/how to use
- II. Safety
 - a. Technique for core workouts
 - b. Spotting
 - c. Weight room etiquette/behavior
 - d. Rest and recovery
 - 1. Between sets
 - 2. After workouts
 - 3. Day to day
 - e. Warm-up/cool down
 - f. Stretching
 - 1. Static vs. Dynamic
- III. Max Outs
 - a. One-rep max
 - b. Multiple rep max
- IV. Anatomy
 - a. Muscles used
 - b. Anatomy by pain
 - c. Fast Twitch vs Slow Twitch Fibers
- V. Workout Styles
 - a. Super sets
 - 1. Antagonistic/Reciprocal muscles
 - b. Grouping of muscles
 - c. Setting up workouts
 - d. Circuit Training
 - e. Muscle Confusion
- VI. Conditioning
 - a. Purpose
 - b. Calisthenics
 - c. Plyometrics
 - d. Ladder Work

- e. Track Work
- f. Sports

VII. Nutrition

- a. Healthy foods vs unhealthy foods
- b. Importance of protein
- c. Supplements vs natural sources
- d. Water
- e. Replenishing nutrients

VIII. Performance Enhancing Drugs

- a. Why people use
- b. Supplements
- c. Different types
 - 1. ex.) Steroids, HGH, Testosterone

IX. Applying knowledge

- a. Creating workouts for class
- b. Personalized Fitness Plan