

Parma High School

Athletic Training – Scope and Sequence

Week 1: Introduction to course. Introduce equipment, rules, safety, gym etiquette, and classroom procedures. Begin basic lifting form (how to fail a lift)

Week 2: Introduction to main lifts (bench press, clean, snatch and back squat) as well as 4 cycle program. Pretest the following lifts and exercises (this weight will determine their lifting percentage during cycle 1):

Bench Press Deadlift
Back Squat Snatch
Clean MURPH

Week 3-6: Cycle 1 - A four week program consisting of three days a week lifting. Two days a week will be dedicated to cardio training (HIIT, Air Alert and various cardio activities).

Week 7: Max Testing for Cycle 1 – Students will test on a one-rep max for bench press, back squat, clean and snatch. Their new weights will determine their percentage for cycle 2.

Week 8-11: Cycle 2 – Same as Cycle 1, but will additional set and rep variations. Students will also be introduced to more auxiliary lifts to supplement weak point training.

Week 12: Max Testing for Cycle 2 – Same as max testing for Cycle 1.

Week 13-16: Cycle 3 – Same as Cycle 2, but with more additional weak point training.

Week 17: Max Testing for Cycle 3 – Same as max testing for Cycle 2.

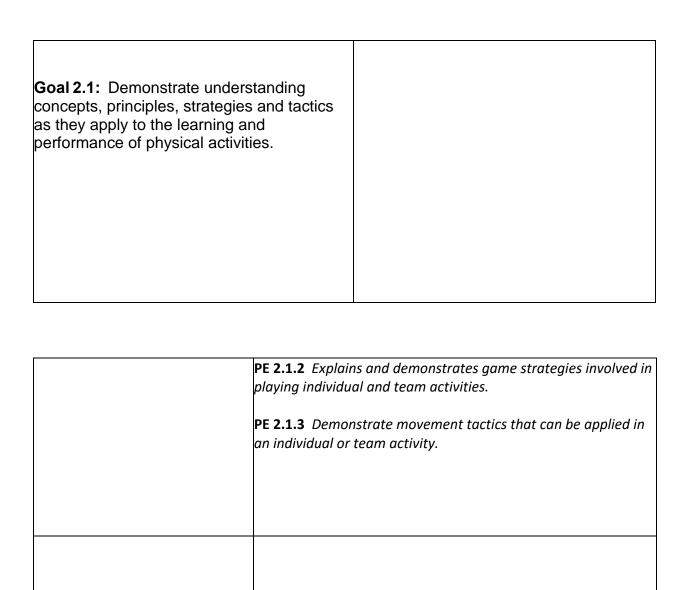
Week 18: Final Testing – Testing for MURPH.

Parma High School Athletic Training

Learning Targets

What students will know or be able to do as a result of being in this class.

| Standard 1: Skilled Movement | |
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| | Students will be able to demonstrate mature form in the following skills. |
| Goal 1.1: Demonstrate competency in moto skills and movement patterns needed to perform a variety of physical activities. | Lifting, pulling, pushing, power moves Running, skipping, jumping, shuffling, hopping Apply safety rules and procedures |
| | *Assessment rubric available |
| | 1.1.1 Demonstrate competence in skill recognition of a variety of activities.(Performance-based components ~ agility, balance, coordination, power, speed, and reaction time) |
| | 1.1.2 Demonstrate mature form in the skills and safety procedures to participate in target activities. |
| | Students will be able to describe proper strategy in individual activities. |
| Standard 2: Movement Knowledge | Students will be able to describe and demonstrate Olympic lifts, power lifts, auxiliary lifts and HIIT activities. |
| | PE 2.1.1 Demonstrate competence in modified versions of a variety of individual activities. |
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Students will be able to demonstrate knowledge of exercises that will strengthen the following muscles. (**Proper technique** will be displayed)

- Hamstring
- Quadriceps

| Standard 3: Personal Fitness | |
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| Goal 3.1: Achieve and maintain a health enhancing level of physical fitness. | Pectoralis Major Triceps Biceps Deltoids Abdominals & Obliques Trapezius Latissimus Dorsi Gluteus Maximus Gastrocnemius Frector Spinae Soleus Tibialis Anterior Example: Teacher names triceps muscle - Student performs triceps extension, and dips. *Assessment rubric available PE 3.1.1 Understand and apply basic techniques and concepts of training to improving physical fitness. PE 3.1.2 Correctly demonstrate e various strength-training techniques. |
| Standard 4: Valuing an Active Lifestyle | |

| Students will be able to assess their own personal fitness levels. |
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| Using 1 rep max recording and record keeping strategies. |
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| PE 4.1.1 Establish personal physical activity goals. |
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| Standard 5: Personal Responsibility Goal 5.1: Values physical activity and its contributions to an active lifestyle. | Students will be able to identify activities outside of the school setting that will contribute to a healthy lifestyle. PE 5.1.1 Identify a variety of health related fitness activities in both school and non-school settings. |
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| Goal 5.2: Student is prepared for class. | PE 5.1.2 Participates in physical activities outside of the school setting. |
| | PE 5.1.3 Demonstrates punctuality, responsibility, good sportsmanship and teamwork. |