



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):

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|-------------|----------|
| 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.

<p>Parma High School</p> <p>Athletic Training</p>	<p>Learning Targets</p> <p>What students will know or be able to do as a result of being in this class.</p>
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<p>Standard 1: Skilled Movement</p>	
<p>Goal 1.1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>	<p>Students will be able to demonstrate mature form in the following skills.</p> <ul style="list-style-type: none"> • Lifting, pulling, pushing, power moves • Running, skipping, jumping, shuffling, hopping • Apply safety rules and procedures <p><i>*Assessment rubric available</i></p> <p>1.1.1 <i>Demonstrate competence in skill recognition of a variety of activities. (Performance-based components ~ agility, balance, coordination, power, speed, and reaction time)</i></p> <p>1.1.2 <i>Demonstrate mature form in the skills and safety procedures to participate in target activities.</i></p>
<p>Standard 2: Movement Knowledge</p>	<p>Students will be able to describe proper strategy in individual activities.</p> <p>Students will be able to describe and demonstrate Olympic lifts, power lifts, auxiliary lifts and HIIT activities.</p> <p>PE 2.1.1 <i>Demonstrate competence in modified versions of a variety of individual activities.</i></p>

<p>Goal 2.1: Demonstrate understanding concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.</p>	
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	<p>PE 2.1.2 <i>Explains and demonstrates game strategies involved in playing individual and team activities.</i></p> <p>PE 2.1.3 <i>Demonstrate movement tactics that can be applied in an individual or team activity.</i></p>
	<p>Students will be able to demonstrate knowledge of exercises that will strengthen the following muscles. (Proper technique will be displayed)</p> <ul style="list-style-type: none"> • Hamstring • Quadriceps

Standard 3: Personal Fitness

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
- Erector 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 various strength-training techniques.*

Standard 4: Valuing an Active Lifestyle

Goal 4.1: Participate daily in physical activity for personal health, enjoyment and/or satisfaction.

Students will be able to assess their own personal fitness levels.

- Using 1 rep max recording and record keeping strategies.

PE 4.1.1 *Establish personal physical activity goals.*

**Standard 5:
Personal Responsibility**

Goal 5.1: Values physical activity and its contributions to an active lifestyle.

Goal 5.2: Student is prepared for class.

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.*

PE 5.1.2 *Participates in physical activities outside of the school setting.*

PE 5.1.3 *Demonstrates punctuality, responsibility, good sportsmanship and teamwork.*