



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

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| Course Title: Personal Fitness and Strength Training – Level 2 Grade Level(s): 10 - 12 Units of Credit: .50 Classification: Elective | Length of Course: 15 cycles Periods Per Cycle: 6 Length of Period: 43 minutes Total Instructional Time: 64.5 hours |
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Course Description

This coeducational course is a combination of classroom, weight training, and cardiovascular fitness activities for students that have successfully completed the Personal Fitness and Strength Training Level 1 and/or the Extended Strength Training Level 1 course. An essential part of all physical education is monitoring cardiovascular fitness. In this course students will use Heart Rate technology to monitor and assess student performance. Students build on previously learned knowledge of cardiovascular fitness and strength training principles and practices to develop a personal fitness program. The primary objectives of this course are to expand their knowledge of various lifting strategies and philosophies and incorporate these programs into their personal fitness plan to assist them in attaining their specific personal goals. Students apply their knowledge of multiple forms of cardiovascular training and enhance their individual aerobic fitness level. This full semester course meets every day of the cycle.

Instructional Strategies, Learning Practices, Activities, and Experiences

Personal Program Design and Practices
Journaling

Classroom Lab Experiences to Evaluate Present
Levels of Fitness – Pre and Post Testing

Individual Goal Setting
Fitness Technology

Assessments

Journals
Quizzes

Evaluation of Fitness Programs
Attainment of Goals

Written Projects

Materials/Resources

Books
Weight and Cardio Equipment

Videos
Heart Rate Monitors

Internet

Adopted: 6/20/11
Revised: 5/16/16

Departmental Review: 10/2017

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| CONTENT/KEY CONCEPTS | OBJECTIVES/STANDARDS |
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| <p>Target Heart Rate</p> | <p>Objectives:</p> <ul style="list-style-type: none"> • Calculate individual target heart zone based on a percentage of the maximum heart rate. • Analyze the benefits of training within the target heart rate zone and risk factors that occur when exceeding the zone. <p>10.1.12.B - Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> |
| <p>Body Composition</p> | <p>Objectives:</p> <ul style="list-style-type: none"> • Summarize why body mass index is influential in short term and long term personal health levels. • Determine personal fitness goals for future BMI level and percent body fat. <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.12.B. - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> |

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| <p>Basic Anatomy and Physiology of Exercise</p> | <p>Objectives:</p> <ul style="list-style-type: none"> • Determine how intensity during exercise causes changes in human physiology. • Apply principles of moderate physical activity to progress in development of muscular strength and endurance. • Implement principles of exercise and training for maximum muscle and endurance gain. <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> |

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| <p>Nutrition and Metabolism</p> | <p>Objectives:</p> <ul style="list-style-type: none"> • Identify what foods should be eaten to provide energy. • Analyze components of a balanced diet and nutrition for strength gain. • Create a balanced diet plan and explain the benefits of a balanced diet. • Investigate how metabolism influences calorie burn and energy levels. • Calculate resting metabolic rate. <p>10.1.9.C - Analyze factors that impact nutritional choices of adolescents.</p> <p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.1.12.B - Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <p>10.1.12.C - Analyze factors that impact nutritional choices of adults.</p> <p>10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> |

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| <p>Weight Room and Cardio Room Equipment</p> <ul style="list-style-type: none"> • Circuit Training • Power 90 Extreme (P90X) • T25 (fitness program) • Zumba | <p>Objectives:</p> <ul style="list-style-type: none"> • Participate in a variety of exercise programs and workouts that develop cardiorespiratory endurance. • Participate in a variety of exercise programs and workouts that develop muscular strength. • Engage in group challenge activities that utilize the overload principle to increase strength and endurance. <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.4.9.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> |

| CONTENT/KEY CONCEPTS | OBJECTIVES/STANDARDS |
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| <p>Components Of a Workout</p> | <p>Objectives:</p> <ul style="list-style-type: none"> • Describe and implement the components of a well-structured exercise program that will include a warm-up, conditioning, and cool down in student-designed program. • Analyze different types of warm-ups for various types of exercise. • Determine the best type of warm-up, conditioning, and cool down to be utilized in order to best achieve individual fitness goals. • Determine the purpose and best use of Active Recovery Days. <p>10.1.12.B - Evaluate factors that impact the body systems and apply protective/ preventive strategies. • fitness level • environment (e.g., pollutants, available health care) • health status (e.g., physical, mental, social) • nutrition</p> <p>10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.5.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological</p> <p>10.5.12.F - Assess and use strategies for enhancing adult group interaction in physical activities. • shared responsibility • open communication • goal setting</p> |

| CONTENT/KEY CONCEPTS | OBJECTIVES/STANDARDS |
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| <p>Goal Setting</p> | <p>Objectives:</p> <ul style="list-style-type: none"> • Use correct goal setting format when establishing personal goals using the SMART format. • Create personal goals that are specific, measurable, attainable, relevant and time-sensitive. • Implement active recovery days into goal setting program. <p>10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.4.9.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes lifelong participation.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> |

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| <p>Strength Workouts</p> | <p>Objectives:</p> <ul style="list-style-type: none"> • Determine the pros and cons of three different types of strength training programs. • Create a workout plan that incorporates sets and repetitions that will enhance student performance towards personal goal attainment. • Identify specific muscles and muscle groups that will be targeted during strength training. • Analyze the benefits and shortcomings of full body workouts. • Analyze the benefits and shortcomings of body weight workouts. <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.5.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological</p> <p>10.5.12.D - Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement</p> <p>10.5.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> |

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| <p>Cardiovascular Workouts</p> | <p>Objectives:</p> <ul style="list-style-type: none"> • Determine criteria for designing an endurance based fitness program. • Evaluate the role of target heart zone when performing a cardio based fitness workout. • Create personalized cardio workout that incorporated HIIT (High Intensity Interval Training) principles. • Compare and contrast traditional exercise programs. <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected lifelong physical activities.</p> <p>10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes lifelong participation.</p> <p>10.5.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological</p> <p>10.5.12.D - Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement</p> <p>10.5.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> |

| Understanding Health-Related Fitness and Wellness | |
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| CONTENT/KEY CONCEPTS | OBJECTIVES/STANDARDS |
| <p>Understand the five components of fitness</p> <p>Use performance test to develop baseline data of present levels of fitness</p> <p>Develop basic protocols to improve overall fitness levels and examine sport specific skills of fitness</p> <p><u>Related Vocabulary</u> cardiovascular endurance flexibility muscular strength muscular endurance agility speed balance coordination spotting goal setting overtraining periodization</p> | <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> |