



Principles of Weight Training Curriculum

Last Updated by Angela DiCello, April, 2021

Course Description: The emphasis in this course is on muscular strength, flexibility, and safety. Weight room safety, warm-up/cooldown procedures, lifting techniques and safety for all lifts, major muscle identification, and individual goal setting are all important components in this course. In addition, students will monitor and improve their fitness levels by participating in weekly workout chart assessments throughout the semester.

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<u>1</u>	<i>Safety Risk & Learning Your Way Around the Weight Room</i>	10 Days
<u>2</u>	<i>Developing a Weight Training Program Based on Sport and Fitness Needs</i>	40 Days
<u>3</u>	<i>Setting Records (Muscular Strength)</i>	15 Days
<u>4</u>	<i>Functional Anatomy</i>	15 days
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Unit #/Title	1/Safety Risk & Learning Your Way Around the Weight Room	Time Frame	10 Days
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Stage 1 - Identify Desired Results

Standards

10.3.9.A. Analyze the role of individual responsibility for safety during organized activities.
10.3.12.D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

Big Ideas	Essential Questions
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| <ul style="list-style-type: none"> • Individuals who learn to appreciate and value the benefits of strength and conditioning, learn correct form and alignment, and learn exercises that are effective are more likely to participate in health-enhancing forms of physical activity throughout life. | <ul style="list-style-type: none"> • Why is it important to know equipment/safety etiquette and different bar types when beginning a weight training program? • How can weight training be a benefit in a person's life? |
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Content	Skills
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| <ul style="list-style-type: none"> • Rules and etiquette when in a weight room • Safety in the weight room • Benefits of weight training • How much the bar weighs • Understanding how the body relates to successful weight training • Types of muscle contractions • Why proper attire is important for working out • 3 count controlled tempo • Different grip positions • Different types of bars | <ul style="list-style-type: none"> • Define weight training • Demonstrate good etiquette when lifting in a group setting • Explain why rules are important in the weight room • Demonstrate how you properly care for weight room equipment • Demonstrate correct breathing patterns during concentric, eccentric, and isometric exercises • Demonstrate proper pace when lifting • Demonstrate knowledge of different grip positions • Explain what active participation looks like • Identify all the equipment in the weight room • Demonstrate how to work all the equipment in the weight room • Explain the importance of flexibility |
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Unit #/Title	2/Developing a Weight Training Program Based on Sport and Fitness Needs	Time Frame	40 days
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Stage 1 - Identify Desired Results

Standards

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.

10.4.12.B: Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical

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.

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.

Big Ideas

- Individuals who learn to appreciate and value the benefits of strength and conditioning, learn correct form and alignment and learn exercises that are effective are more likely to participate in health-enhancing forms of physical activity throughout life.

Essential Questions

- Why is regular physical activity beneficial?
- How does the FITT principle help you develop your exercise routine?
- How does a healthy balance of flexibility, muscular endurance, cardiovascular endurance, and muscular strength increase success in achieving individual fitness goals?
- How do life experiences influence our workout routines?

Content

- Activities that improve fitness
- 5 components of fitness
- DOMS
- F.I.T.T principle
- The development of physical fitness goals
- The development of a personal fitness plan.
- Self-selecting physical activities
- Physiological responses to physical activity.
- Sports specifics
- Muscular Hypertrophy
- Proper form and alignment
- Muscle terminology
- Correct exercise mechanics
- Knowledge of exercises
- Different body type
- Sets
- Reps

Skills

- Create a personal fitness plan based on sport or fitness needs.
- Analyze personal health status to determine needs
- Examine weight training exercises that work and don't work for you
- Modify plan based on skills and performance feedback
- Create a personal Fitness plan
- Analyze fitness data
- Demonstrate good time management
- Explain how to safely perform exercises
- Demonstrate different weight training exercises
- Demonstrate the correct form when lifting
- Identify and describe how different types of fitness activities influence the muscular and cardiovascular systems
- Explain how developing competencies in fitness and conditioning activities can increase confidence and encourage lifelong participation in physical activities.
- Evaluate how a variety of self-selected physical activities provide value to achieving personal fitness goals.
- Identify what body type you are
- Explain the difference between sets and reps

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| | <ul style="list-style-type: none">• Identify the two key factors that determine what a training program will look like |
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Unit #/Title	3/Setting Records (Muscular Strength)	Time Frame	15 Days
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Stage 1 - Identify Desired Results

Standards

- 10.1.12.B.** Evaluate factors that impact the body systems and apply protective/preventive strategies.
- Fitness level
 - Environment
 - Health status
 - Nutrition
- 10.4.9.9.A.** Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity.
- 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.
- activities.
- Social
 - Physiological
 - Psychological
- 10.4.12.D:** Evaluate factors that affect physical activity and exercise preferences of adults.
- Personal challenge
 - Physical benefits
 - Finances
 - Motivation
 - Access to activity
 - Self-improvement

Big Ideas	Essential Questions
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| <ul style="list-style-type: none"> ● Individuals who learn to appreciate and value the benefits of strength and conditioning, learn correct form and alignment and learn exercises that are effective are more likely to participate in health-enhancing forms of physical activity throughout life. | <ul style="list-style-type: none"> ● How can self -assessment and self -monitoring help you improve physical fitness? ● How do you measure physical fitness? ● How do you determine what's a reasonable goal to set? ● Why is it important to keep athletes motivated? |
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Content	Skills
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| <ul style="list-style-type: none"> ● "Great" athlete ● Value of a workout chart ● Target Heart Rate ● Resting heart rate ● Ways to monitor heart rate ● Fitness-different training styles ● Agonist and antagonist muscles ● Calorie Needs ● Motivation | <ul style="list-style-type: none"> ● Demonstrate how to fill out a workout chart ● Evaluate own workout chart and make changes as needed to determine proper rest, exercises, variety ● Identify the importance of filling out a weight training chart ● Define a "great" athlete ● Explain how to take a heart rate and location ● Explain resting heart rate ● Identify target heart rate ● Analyze what causes heart rate to rise and drop ● Perform physical activities and calisthenics that enhance and improve target heart rate. ● Explain what fitness is |
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| | <ul style="list-style-type: none">• Explain how you can improve your own fitness• Identify and describe the influences of different training styles on fitness result• Explain the difference between agonist and antagonist muscles• Explain how proper technique maximize efficiency and the least amount of fatigue• Identify motivation factors that affect physical activity and exercise preferences. |
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Unit #/Title	4/Functional Anatomy	Time Frame	15 Days
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Stage 1 - Identify Desired Results	
Standards	
<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>	
Big Ideas	Essential Questions
<ul style="list-style-type: none"> Individuals who learn to appreciate and value the benefits of strength and conditioning, learn their muscles and learn exercises that are effective are more likely to participate in health-enhancing forms of physical activity throughout life. 	<ul style="list-style-type: none"> How does knowing the muscles help when developing a weight-training program? How does collaborating with workout friends expand your fitness knowledge?
Content	Skills
<ul style="list-style-type: none"> Value of general anatomy terms Proper movement terminology Importance of the planes of the body 	<ul style="list-style-type: none"> Demonstrate multiple exercises for each major muscle group Identify major muscles of the body Identify and describe how muscles produce movement in different parts of the body and how to train those muscles Demonstrate the planes of the body

Unit #/Title	5 Value of Physical Activity (Health, Enjoyment, Challenges, Self-Expression)	Time Frame	5 Days
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Stage 1 - Identify Desired Results	
Standards	
<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. activities.</p> <ul style="list-style-type: none"> • Social • Physiological • Psychological 	
Big Ideas	Essential Questions
<ul style="list-style-type: none"> • Individuals who learn to find the value and enjoyment in physical activities are more likely to continue for a lifetime. 	<ul style="list-style-type: none"> • How does eating healthy make you feel? • How does weight training enhance social, mental, emotional, and physical well being?
Content	Skills
<ul style="list-style-type: none"> • BMI • Values of personal achievement • Medical benefits of weight training • Barriers to fitness • Social values of weight training • Stress 	<ul style="list-style-type: none"> • Explain how to track BMI • Identify common challenges when starting a weight training program • Explain the value of healthy choices and daily physical activity • Explain the values of social interaction during weight training • Evaluate and apply appropriate stress management strategies

Unit #/Title	6 Maintaining a Health- Enhancing Level of Physical Fitness	Time Frame	5 Days
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Stage 1 - Identify Desired Results

Standards

- 10.1.9.B** Analyze the interdependence existing among the body system.
- 10.1.9.E** Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention
- 10.3.12.D** Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.
- 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.
- 10.4.12.B** Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- Social
 - Physiological
 - Psychological
- 10.4.12.D:** Evaluate factors that affect physical activity and exercise preferences of adults.
- Personal challenge
 - Physical benefits
 - Finances
 - Motivation
 - Access to activity
 - Self-improvement

Big Ideas

- Individuals who learn to appreciate and value the benefits of strength and conditioning, learn correct form and alignment and learn exercises that are effective are more likely to participate in health-enhancing forms of physical activity throughout life.

Essential Questions

- How is physical fitness all about habits and lifestyle?
- How do you maintain physical fitness?

Content

- Health is all about Balance
- Nutrition is Key
- Risk factors
- Decision making
- Personal Health
- Community Health Information
- Motivational quote

Skills

- Develop a concept of health through balance in life
- Explain how making healthy food choices and being physically active every day can prevent illnesses in the future
- Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities
- Explain positive decision-making skills to enhance health.
- Access and evaluate resources from home, school and community that provide valid health information and services for themselves and others.
- Evaluate factors that may influence the personal selection of health products and services
- Evaluate the effects of media, technology and other factors on personal health

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| | <ul style="list-style-type: none">• Evaluate the validity of health information and the cost of products and services• Assess the importance of assuming responsibility for personal health behaviors |
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