Oroville Union High School District
Course Description

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| Course Title: | Weights and Conditioning |
| Aeries Course #: | 551A |
| CBEDS #: | 2513 |
| Course Length: | One Year |
| Type of Credit(s): | PE (10 credits) |
| A-G Approved: | No |
| Approval Date: | N/A |
| Integrated (Academic & CTE): | No |
| 2+2 Credit: | No |
| Dual Enrollment: | No |
| District Certification: | No |
| Prerequisite: | Grade of "B" of Better in Prior P.E. Course |
| Includes Hands-on Lab Activities: | No |
| Grade Level(s): | 10-12 |
| Primary Textbook(s): | Fitness for Life, 6th Edition, Corbin, LeMasurier and Connell, Human Kinetics, 2014, ISBN # 978-1-4504-0022-0 |
| Supplemental Materials: | None |
| Digital Resources: | None |

Course Overview

This advanced course will focus on both strength and conditioning training. Students will develop muscular strength, cardiovascular endurance, flexibility, core strength, functional movement patterns, and intense interval training.

Please attach a copy of all standards that apply to this course.

Board Approval Date: 12/18/19

# Weight Training & Fitness Standards

**Standard 1**

**Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.**

1.1 Explain the principles of biomechanics of first-, second-, and third-class levers and apply those principles to a variety of lifting techniques.

1.2 Observe and analyze the lifting techniques of another person (or oneself through video) and write an analysis of the performance.

1.3 Demonstrate proper spotting techniques for all lifts and exercises that require spotting.

1.4 Observe and analyze the techniques of another person (or oneself through video) performing a plyometric exercise and write an analysis of the performance.

1.5 Measure and assess multiple performances of another person in the following areas: balance, reaction time, agility, coordination, power, and speed.

1.6 Identify and apply the principles of biomechanics necessary for the safe and successful performance of weight training.

1.7 List the safety equipment required for participation in weight training; describe and demonstrate the use of such equipment.

1.8 Demonstrate independent learning of movement skills in weight training.

**Standard 2**

**Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.**

2.1 Establish a set of personal physical fitness goals, using the principles of training, and create a strength-training and conditioning program.

2.2 Identify the prime mover muscles, antagonistic muscles, and stabilizer muscles for each of the major weight-training exercises.

2.3 Assess multiple performances of another person in the following areas: muscular strength, muscular endurance, cardiorespiratory endurance, and flexibility.

2.4 Explain how the principles of biomechanics, muscle development, gender, age, training experience, training technique, and specificity affect performance related to strength training.

2.5 Demonstrate and explain the techniques and concepts of three types of weight-training programs.

2.6 Demonstrate and explain the concepts of two different conditioning programs.

2.7 Develop and use a personal physical fitness log to record all workout data on a daily basis.

2.8 Meet increasingly higher levels of speed, strength, power, and endurance.

2.9 Meet physical fitness standards that exceed those of scientifically based health-related fitness assessments.

**Standard 3**

**Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.**

***Self-Responsibility***

3.1 Display safe and responsible behavior while training.

3.2 Describe the role of motivation in physical activity.

3.3 Describe how the perception of effort and quality is a personal assessment and describe the role that perception plays in achieving fitness goals.

3.4 Develop personal goals to improve performance in weight training and fitness.

3.5 Identify and analyze weight-training and fitness activities that enhance personal enjoyment.

3.6 Evaluate the risks and safety factors that may affect participation in weight training and fitness throughout a lifetime.

***Social Interaction***

3.7 Explain how to select and modify weight-training and fitness activities to allow for participation by younger children, the elderly, and individuals with special needs.

3.8 Analyze the role of social interaction in the successful participation in and enjoyment of weight-training and fitness activities.

***Group Dynamics***

3.9 Assist others in the achievement of their fitness goals.