

STRENGTH AND CONDITIONING

Strength and Conditioning is an elective course that will give students the tools and resources needed to be physically fit and healthy for a lifetime. This course is a stand-alone course open to all students. It is not part of, nor may it be combined with, varsity athletics. The variety of exercises, techniques, and equipment used will allow students to experience many ways to exercise and “work out.” Students will learn how to create their own health and fitness plans to work toward specific health, fitness, and career goals.

Accommodations or modifications for the elective course should be determined by the IEP/504 team. The collaborative team must include the physical education elective course specialist.

Prerequisite: Beginning Kinesiology

Anchor Standard 1: Motor Skills and Movement Patterns: <i>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</i>		
Standard 1	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
SC-1.1 Motor Skills and Movement Patterns <i>Physical fitness</i>	Describe physical fitness activities that contribute to the improvement of specific fitness components.	Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in fitness activities.
SC-1.2 Motor Skills and Movement Patterns <i>Strength and conditioning</i>	Identify skills and components needed to design an individualized strength and conditioning program.	Exhibit proper fitness component techniques in strength and conditioning to achieve a desired level of health enhancement.
Anchor Standard 2: Movement and Performance: <i>The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</i>		
Standard 2	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
SC-2.1 Movement and Performance <i>Safety</i>	Recognize unsafe situations related to participation in strength and conditioning.	Demonstrate safe and appropriate use and care of equipment and facilities for strength and conditioning.
SC-2.2 Movement and Performance <i>Proper techniques</i>	Identify skills and components an individual needs to participate successfully in strength and conditioning.	Model proper skills and demonstrate components for the specific lift or agility drills.

Anchor Standard 3: Physical Activity and Fitness: *The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.*

Standard 3	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
SC-3.1 Physical Activity and Fitness <i>Healthy lifestyles</i>	Determine skills to increase health benefits while participating in strength and conditioning.	Apply skills learned to execute a higher level of physical fitness while participating in strength and conditioning.
SC-3.2 Physical Activity and Fitness <i>Strength and conditioning knowledge</i>	Explain skills required for planning an individual strength and conditioning workout program.	Participate in challenging activities requiring the utilization of newly-acquired skills involved in the workout program.

Anchor Standard 4: Personal and Social Behavior: *The physically literate individual exhibits responsible personal and social behavior that respects self and others.*

Standard 4	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
SC-4.1 Personal and Social Behavior <i>Social behaviors</i>	Research and interpret the proper etiquette for participants in a strength and conditioning program in a public and private setting.	Demonstrate the techniques pertaining to strength and conditioning while showing personal responsibility and etiquette in a social setting.
SC-4.2 Personal and Social Behavior <i>Leadership skills</i>	Develop a list of your personal actions and how they impact you, teammates, peers, and opponents.	Identify and describe examples of positive and negative behaviors while participating in a strength and conditioning program.

Anchor Standard 5: Values Physical Activity: *The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

Standard 5	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
SC-5.1 Values Physical Activity <i>Identify and evaluate</i>	Discuss how participation in a strength and conditioning program will assist in developing positive self-image and awareness.	Assess a strength and conditioning program to show how it can be beneficial to an individual's health and the enjoyment of self-selected physical activities.

Anchor Standard 5: Values Physical Activity: *The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

<p>SC-5.2 Values Physical Activity <i>Analyze</i></p>	<p>Discuss and evaluate the benefits of socialization and self-expression in a strength and conditioning program.</p>	<p>Develop two types of strength and conditioning programs designed to enhance one's own current health and wellness to support a healthier family, classroom, and community.</p>
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