

<b>Weight Training and Conditioning 0049</b>				
<b>Course Description</b>				
This course will emphasize the development of health related fitness skills. Students will be taught to design a personal fitness program incorporating cardiovascular training and resistance training.				
<b>Credits</b>		<b>Prerequisites</b>		
.5 Credit		Fit 4 You		
<b>Board Approved</b>		<b>Revised</b>		
		Spring 2022		
<b>Required Assessments</b>				
District-wide, standards-based common summative assessments: Unit #1: Muscles and Actions test Unit #2: Safety - Authentic assessment of the use of safety techniques, Portfolio - Demonstration/application: Exercise/Muscle Summative assessment project Unit #3: Creating a Fitness Plan for a scenario based upon a provided lifestyle and fitness scores - Video/Written Assessment				
<b>Textbooks/Resources</b>				
None				
<b>Course Essential Understandings</b>		<b>Course Essential Questions</b>		
<p>As a result of successfully completing this course, students will understand that:</p> <p>How muscles work and their actions is fundamental for creating an effective workout plan and achieving fitness goals to analyze and modify barriers to achieve success.</p> <p>This knowledge empowers students to:</p> <p><b>Target Major Muscle Groups:</b> By comprehending muscle anatomy and function, students can identify and focus on the major muscle groups during their workouts, ensuring a balanced and comprehensive approach to strength training.</p> <p><b>Utilize Proper Terminology and Techniques:</b> Mastery of the correct terminology and techniques associated with weight training not only enhances communication but also minimizes the risk of injury. Students will grasp the importance of using proper form to maximize the benefits of each exercise while avoiding unnecessary strain.</p> <p><b>Prevent Injury:</b> Understanding the mechanics of muscle contraction and joint movement enables students to appreciate the critical role of proper body mechanics in injury prevention. They'll learn to recognize and correct improper movements that can lead to injuries.</p> <p><b>Adapt to Change:</b> The human body is adaptable, and students will learn to create workout plans that can evolve alongside their fitness journey. Recognizing the need for variety and progression, students will adapt their routines to ensure continued growth and prevent plateaus.</p> <p><b>Self-Assessment:</b> Regular self-assessment is vital for tracking progress and making informed adjustments to one's workout plan. Students will develop the ability to evaluate their strength gains, muscle development, and overall fitness, using these insights to refine their training regimen.</p> <p><b>Self-Management Skills:</b> Beyond the physical aspects of weight training, students will also develop crucial self-management skills. These skills include goal setting, time management, and motivation strategies, which are essential for maintaining a consistent and effective workout routine.</p> <p><b>Analyze and Modify Barriers:</b> In the pursuit of fitness goals, students will encounter barriers such as time constraints, injuries, or motivational slumps. Understanding muscle function and exercise physiology equips them to analyze these barriers and implement strategies to overcome them, ensuring long-term success.</p>		<ul style="list-style-type: none"> <li>• Can students demonstrate appropriate technique on resistance training machines and with free weights?</li> <li>• Can students apply the terminology associated with weight training exercises?</li> <li>• Can students apply best practices for safe participation in weight training exercises?</li> <li>• Can the student create and implement a plan that focuses on improving their weaknesses and builds upon their strengths?</li> <li>• Can the student employ effective self management skills to analyze barriers and modify physical activity patterns appropriately, as needed.</li> <li>• Can students demonstrate appropriate technique on resistance training machines and with free weights?</li> <li>• Can students apply the terminology associated with weight training exercises?</li> <li>• Can students apply best practices for safe participation in weight training exercises?</li> </ul>		
<b>Unit Overviews</b>				
Unit Name	Unit Description	Unit Essential Question	Instructional Standards	Assessed Standards
Unit #1 - Intro to Weight Training and Anatomy	<p>Students will learn the basic muscular anatomy of the human body, they will understand the physics of how muscles work and how they move their body.</p> <p>They will have opportunities to quiz each other and practice locating and understanding the actions of the basic muscles.</p>	<ul style="list-style-type: none"> <li>• What about muscles and their actions will students need to understand in order to develop a balanced workout that includes all muscles of the body?</li> <li>• Can students identify and locate the major muscle groups and create a portfolio of exercises</li> </ul>	Identifies the structure of skeletal muscle and fiber types as they relate to muscle development. (S3.H9.L2)	Identifies the structure of skeletal muscle and fiber types as they relate to muscle development. (S3.H9.L2)

		that relate to major muscle groups?	Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion). (S3.H9.L1)  Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). (S3.H11.L2)	Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion). (S3.H9.L1)
Unit #2 - Application and Demonstration of appropriate strength and conditioning techniques	Students will demonstrate various strength training and conditioning exercises that utilize various muscle groups.	<ul style="list-style-type: none"> <li>• Can students demonstrate appropriate technique on resistance training machines and with free weights?</li> <li>• Can students apply the terminology associated with weight training exercises?</li> <li>• Can students apply best practices for safe participation in weight training exercises?</li> </ul>	<p>Demonstrates appropriate technique on resistance training machines and with free weights.<sup>36</sup> (S3.H7.L1)</p> <p>Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)</p> <p>Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)</p>	<p>S3.H7.L1 S2.H1.L1 S4.H5.L1</p> <p>Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement).<sup>43</sup> (S3.H11.L2)</p>
Unit #3 - Designs and implements an individualized strength and conditioning program	This unit will emphasize the development of health related fitness skills. Students will be taught to design a personal fitness program incorporating cardiovascular training and resistance training.	<ul style="list-style-type: none"> <li>• Can the student create and implement a plan that focuses on improving their weaknesses and builds upon their strengths?</li> <li>• Can the student employ effective self management skills to analyze barriers and modify physical activity patterns appropriately, as needed.</li> </ul>	<p>Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a</p>	<p>Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a</p>

			<p>healthy, active lifestyle. (S3.H7.L2)</p> <p>Demonstrates competency in 2 or more specialized skills in health-related fitness activities. (S1.H3.L2)</p>	<p>healthy, active lifestyle. (S3.H7.L2)</p> <p>Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., heart rate monitor), to self monitor aerobic intensity. (S3.H10.L2)</p> <p>Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1)</p>
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