



Course Overview

High School | 9-12 | Strength & Conditioning - Last Updated on April 2, 2025

DESCRIPTION

K-12 Content Area | Mission & Philosophy Statement

- Empowered, health-literate individuals, equipped with the knowledge and skills for lifelong physical activity and wellness, proactively balance physical, mental, social and emotional health needs.
- Leaders and active participants in health and wellness initiatives with a strong sense of ownership and responsibility for their health and that of their peers drive positive change within their communities, demonstrating commitment to collective well-being.
- Benefiting from partnerships with local health organizations and wellness professionals, learners cultivate informed, community-minded individuals who value collaboration and the importance of holistic health education for themselves and their families.
- In a school environment that models health and well-being through policies and daily practices—like offering healthy eating options and providing spaces for emotional support—physically literate learners prioritize their health and wellness through deliberate practice of well-designed learning tasks that allow for skill acquisition in an instructional climate focused on mastery. They become accustomed to integrating physical activity into their daily routines, setting the foundation for a balanced and healthy lifestyle.

Course Description

This is an elective course where students will learn the principles of exercise science including, proper warm-up and cool-down methods, exercise testing, spotting procedures, muscle groups, and proper exercise techniques. The class teaches strength training principles. Students will become more familiar with exercises that can be used to maintain a healthy lifestyle as well as improve their strength, conditioning, and skills.

NOTE: *This class may be taken multiple times.*

Students will be able to maintain personal safety during exercise; correlate exercise practices with negative outcomes; evaluate performance in specific pre-assessment exercises; create a list of goals and plan of action for personalized strength and conditioning plan; select appropriate warm-up routine based on needs; perform a series of lifts and exercises weekly based on goals and plans; identify an individual's range of motion and how it is impacted by injury, immobility, and lack of exercise. Students will be able to relate Newton's Laws of Motion to exercise performance and skill improvement; identify strength training methodologies to develop stabilization, strength and power resistance exercises; identify human body systems on diagram; explain how each body system is effected during bouts of exercise; identify articulations of the body, their movements, and correct alignment through a series of exercises; matching pairs of terms, planes and axes.

Students will be able to analyze the impact of strength training and conditioning training on the student's health-related fitness based on his or her goals; correlate the skill-related fitness components to an individual's sport or activity, and develop practice drills to improve each. Students will be able to differentiate high quality, timely health and exercise science resources from misinformation; create a media that is informative, factual, and attractive on one specific topic in exercise science; identify and critique a popular social media page to evaluate his or her contribution to factual information to the general public; critique fad



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diet or exercise trends that could create negative impacts on the general population; locate and compare two local businesses or entrepreneurs that focus on different exercise modalities in the exercise science field; illustrate one career choice in health, exercise science, or strength and conditioning.

STANDARDS

Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.2.12.B

10.2.12.D

10.2.12.E

10.4.12.A

10.4.12.B

10.4.12.C

10.4.12.D

10.4.12.E

10.5.12.A

10.5.12.D

10.5.12.E

COURSE OBJECTIVES

Specific objectives for this course are aligned to the Pennsylvania Department of Education Standards for Health, Safety and Physical Education.

ASSESSMENT TYPES

The following assessment types will be used during the course:

- Curriculum-based Measures
- Formative Assessments
- Performance-based Assessments
- Summative Assessments

SUGGESTED METHODS OF INSTRUCTION

A health and physical education program demands the use of a variety of instructional strategies to foster active and healthy habits. Below is a list of suggested strategies for high-quality instruction:

- Instructional components outlined in *The Framework for Teaching* by Charlotte Danielson
- Cooperative learning and collaboration
- Inquiry & Project-based learning



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RESOURCES

District Approved Program Resources	District Approved Supplemental Resources	District Approved Technology Resources
Equipment and supplies		TeamBuildr App and license subscription Essentials of Strength and Conditioning, Fourth Edition