Curriculum Map: Weight Training and Personal Fitness (High School, Semester-Long)

Course Overview

This semester-long course introduces students to weight training and personal fitness, focusing on hands-on strength and conditioning exercises, safe lifting techniques, and individualized fitness planning. Students will explore foundational anatomy and physiology to understand muscle function and apply principles of training (e.g., overload, progression, specificity) to optimize performance. The course promotes lifelong fitness habits through practical workouts and theoretical knowledge.

Duration: 18 weeks, 5 days/week, 45-minute classes
Target Audience: High school students (grades 9–12)
Prerequisites: None
Assessment: Practical performance (40%), fitness logs/workouts (30%), quizzes/projects (20%), participation (10%)

	Week	Unit	Focus	Learning Objectives	Key Activities	Assessments
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	1	Introduction to Weight Training and Fitness	Safety and equipment	Understand gym safety and equipment use	Course overview, gym tour, equipment orientation	Safety quiz

	1	Introduction to Weight Training and Fitness	Fitness basics	Learn fitness components, perform bodyweight exercises	Bodyweight exercises (push-ups, squats), baseline fitness test	Participation
	2	Introduction to Weight Training and Fitness	Training principles	Understand overload, progression, specificity	Lecture on principles, dumbbell practice (bicep curls), goal-setting worksheet	Participation
	3	Anatomy and Physiology Basics	Muscular system	Identify major muscle groups	Lecture on muscles, identify muscles during exercises	Quiz on muscle groups
	4	Anatomy and Physiology Basics	Muscle adaptation and skeletal system	Understand muscle adaptation, role of skeletal system	Muscle contraction video, skeletal system lecture, design circuit, anatomy poster	Anatomy poster
	5	Core Lifts and Technique	Squat technique	Perform squats safely	Squat demo, barbell back squat practice	Form assessment
	6	Core Lifts and Technique	Bench press technique	Perform bench press safely	Bench press demo, guided practice, incline/decline variations	Technique quiz
	7	Core Lifts and Technique	Deadlift technique	Perform deadlifts safely	Deadlift demo, conventional/sumo practice	Form assessment

	8	Core Lifts and Technique	Workout planning	Develop personalized workout plan	Design 3-day workout plan, test plans, peer feedback	Workout plan project
	9	Advanced Training and Fitness Programming	Progressive overload	Apply progressive overload	Progressive overload lecture, squat workout, log progress	Fitness log
	10	Advanced Training and Fitness Programming	Periodization	Explore periodization	Periodization lecture, bench press workout (light week), discussion	Participation
	11	Advanced Training and Fitness Programming	Accessory exercises and mobility	Incorporate accessory exercises, improve mobility	Deadlift workout, accessory exercises, dynamic stretching	Progress check
	12	Advanced Training and Fitness Programming	Periodized planning	Design 4-week periodized plan	Design periodized plan, test plan, peer review	Periodized workout plan
	13	Nutrition and Recovery	Nutrition basics	Understand nutrition for training	Nutrition lecture, design post-workout meal	Nutrition quiz
	14	Nutrition and Recovery	Recovery techniques	Learn recovery techniques, apply to goals	Yoga, foam rolling, create nutrition/recovery plan	Nutrition/recovery plan

	15	Capstone and Final Assessments	Skill application	Demonstrate lifts, develop fitness plan	Review core lifts, design capstone presentation	Participation
	16	Capstone and Final Assessments	Final assessments	Demonstrate proficiency in lifts and fitness	Core lift/cardio/flexibility assessments, capstone work	Core lift assessments
	17	Capstone and Final Assessments	Capstone presentation	Present fitness knowledge	Present capstone “Fitness Class,” student-led workouts	Capstone presentation
	18	Capstone and Final Assessments	Reflection and wrap-up	Reflect on progress, set future goals	Fun gym challenge, reflection writing, final workout	Final fitness plan, participation