

Wallenpaupack Area School District Planned Course Curriculum Guide

Exercise Science and Sports Medicine Career and Technical Education

Course Exercise Science (Spring senior year) 1 credit CTE Program (CIP 51.2604)

Course Description:

The Exercise Science and Sports Medicine program is designed for any student who may be considering going into one of the athletic or rehabilitative fields, such as physical therapy, athletic training, occupational therapy, fitness instructor, physical education, kinesiology, massage therapy, or sport nutrition. This program is a two and a half-year program that will prepare students to enter college with a comprehensive background in anatomy and physiology, rehabilitation, sport nutrition and emergency care. Students graduating from this program will have certifications in OSHA 10-hour health, first aid and CPR, and blood borne pathogens. Students will also be prepared to sit and take the ACSM personal training test if they choose to go into the personal fitness field. During their senior year, students will be doing clinical rotations at local facilities of the student's interest, such as, AT room, PT facility, hospital, and local fitness center.

Revision Date:

Oct. 2022- Ragonese

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: Modern State of Health and fitness	TIMEFRAME: 1-2 days

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):
NASM Essentials of Personal fitness, 7 th ED
NASM CPT study guide 2023-2024
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: Personal training profession	TIMEFRAME: 1-2 days

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
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NASM Essentials of Personal fitness, 7 th ED
NASM CPT study guide 2023-2024
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: psychology of exercise	TIMEFRAME: 2-3 days

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):
NASM Essentials of Personal fitness, 7 th ED
NASM CPT study guide 2023-2024
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: human movement science	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): NASM Essentials of Personal fitness, 7 th ED NASM CPT study guide 2023-2024
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: exercise metabolism and bioenergetics	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: wellness and fitness assessments	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
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NASM Essentials of Personal fitness, 7 th ED
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: posture, movement, performance assessments	TIMEFRAME:
COMMON CORE STANDARDS:	
UNIT OBJECTIVES (SWBATS):	
INSTRUCTIONAL STRATEGIES/ACTIVITIES:	
ANCHOR VOCABULARY:	
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):	
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RESOURCE SPECIFIC VOCABULARY:	

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: integrated training and OPT model	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: flexibility training	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: cardiorespiratory training	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: Core training concepts	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: balance training concepts	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: speed, agility, quickness training concepts	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):
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Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: resistance training concepts	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: Optimum performance training model	TIMEFRAME:

COMMON CORE STANDARDS:
UNIT OBJECTIVES (SWBATS):
INSTRUCTIONAL STRATEGIES/ACTIVITIES:
ANCHOR VOCABULARY:
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RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Exercise Science	GRADE/S: 12
Topic: chronic health conditions/special populations	TIMEFRAME:
COMMON CORE STANDARDS:	
UNIT OBJECTIVES (SWBATS):	
INSTRUCTIONAL STRATEGIES/ACTIVITIES:	
ANCHOR VOCABULARY:	
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ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):	
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