

Elizabethtown Area School District

Strength and Conditioning I

Course Number: 020

Length of Course: One semester

Grade Level: 9-12

Total Clock Hours: 120 hours

Length of Period: 80 minutes

Date Written: March 27, 2007

Periods per Week/Cycle: 5

Written By: Sec. H/PE Dept.

Credits (if app): 1.0

Weighting: 1.0

Course Description:

This course is for students who are interested in improving their personal fitness. This program has been designed with total conditioning in mind. Topics include strength training, cardiovascular endurance, flexibility, body composition, and other related aspects of personal fitness. Evaluation is based upon a demonstration of knowledge through written assignments, teacher prepared tests, completion of various physical activities, and execution of a personal fitness program.

I. Overall Course/Grade Level Standards

Students will KNOW and be able TO DO the following as a result of taking this course.

- A. Execute a weight training program.
- B. Master technique in all instructed weight training exercises.
- C. Demonstrate improvement in the health-related components of fitness.
- D. Name and locate all major muscles and identify exercises that develop those muscles.
- E. Participate in fitness testing at beginning and conclusion of course.
- F. Analyze and compare pre- and post- fitness test results.
- G. Identify and demonstrate how to use all exercise-related equipment.
- H. Discuss aspects of safety as related to weight training and conditioning.
- I. Demonstrate record keeping knowledge for weight training program management.
- J. Demonstrate correct use of heart rate monitors as an assessment tool.
- K. Identify eleven health- and skill-related components of fitness.
- L. Identify and explain the three principles of fitness.
- M. Identify and explain the F.I.T. principle of Overload.
- N. Create and implement fitness goals.
- O. Explain the relationship of nutrition and attaining fitness goals.
- P. Identify and describe the three body types as related to body composition.

II. Content

Major Areas of Study

List all units of study below:

Unit	Estimated Time	Materials
1. Fitness Activities - Fitness Testing (beginning/end of semester) - Cardiovascular Activities - Heart Rate Monitors	6 weeks	Fitness Testing sheets, pencils, measuring tape, stopwatch, HRM's, testing equipment
2. Weight Training - Circuit Workouts - Weight Training Program - Exercise Instruction	6 weeks	HRM's, record sheets, Workout sheets, pencil
3. Fitness Concepts - Muscles, Joint Movement Terminology, and Corresponding Exercises - Exercise Principles - Nutrition - Body Composition - Exercise Guidelines	6 weeks	Note sheet, Textbook, diagrams, worksheets

III. Course Assessments

Check types of assessments to be used in the teaching of the course and provide examples of each type.

- | | |
|---|---|
| <input checked="" type="checkbox"/> Objective Tests/Quizzes | <input type="checkbox"/> Response Journals |
| <input checked="" type="checkbox"/> Constructed Responses | <input checked="" type="checkbox"/> Logs |
| <input type="checkbox"/> Essays | <input type="checkbox"/> Computer Simulations |
| <input type="checkbox"/> Reports | <input type="checkbox"/> Research Papers |
| <input type="checkbox"/> Projects | <input checked="" type="checkbox"/> Class Participation |
| <input checked="" type="checkbox"/> Portfolios | <input checked="" type="checkbox"/> Note Taking |
| <input type="checkbox"/> Presentations | <input type="checkbox"/> Daily Assignments |
| <input checked="" type="checkbox"/> Performance Tasks | <input checked="" type="checkbox"/> Writing Samples |

Provide copies of common assessments that will be utilized for all students taking this course. Overall course/grade level standards will be measured by a common course assessment. Unit objectives will be measured on an ongoing basis as needed by the classroom teacher to assess learning and plan for instruction. List common assessments below and recommend date/time frame for administration (at least quarterly).

Name of Common Assessment	When given?
1. Fitness Testing	First and last week
2. Unit Exams	Unit Conclusion
3. Participation Assessments	Daily
4. Final Exam	End of Semester
5. Weight training program assessment	Conclusion of a weight training program
6. Heart Rate Assessment	Conclusion of a heart rate monitor activity
7. Aerobic activity assessment	Conclusion of an aerobic activity

IV. Expected levels of achievement

Current grading scale

92-100 = A

83-91 = B

74-82 = C

65-73 = D

0-64 = F

PA Proficiency Levels
Advanced
Proficient
Basic
Below Basic

The following scoring documents have been developed for this course:

Name of Course: Strength and Conditioning I

Name of Unit: Weight Training

Essential Question: What benefits can you attain from participating in a regular weight training program?

Unit Objectives/Key Question	Priority	Aligned to Course Standard	Aligned to PA Standard
1. How do you go about setting up a weight training program?	E	A	10.5.12.D
2. What is the proper technique for the different exercises learned in class?	E	B	10.4.9.C
3. What is the correct way to use the cardiovascular equipment?	E	B, G	10.4.9.C
4. What is the difference between muscular strength and endurance?	E	A	10.4.9.C
5. What are benefits of muscular strength and endurance?	E	A	10.4.9.C
6. What exercises develop muscular strength and endurance?	E	B, G	10.4.9.C
7. What is a fitness goal?	E	I	10.4.12.D
8. What is the importance of evaluating progress in a weight training program?	E	I	10.4.12.D
9. What is the correct way to record information in a weight training program?	E	A, I	10.4.12.D

Name of Course: Strength and Conditioning I

Name of Unit: Fitness Activities

Essential Question: How can pre- and post-fitness testing be used to improve your overall level of fitness?

Unit Objectives/Key Question	Priority	Aligned to Course Standard	Aligned to PA Standard
1. How can you improve one or more components of health-related fitness?	E	C	10.5.9.A
2. List the fitness tests that are performed in class.	E	E, F	10.4.12.A
3. What is the correct way to perform each of the fitness tests?	E	E, F	10.4.12.A
4. What component of fitness does each fitness test examine?	E	E, F	10.4.12.A
5. What can be learned from the comparison of pre- and post-test results?	E	E, F	10.4.12.A
6. What information does a heart rate monitor collect?	E	J	10.4.9.C
7. How can a heart rate monitor be used as an assessment tool in class?	E	J	10.4.9.C
8. What is the correct way to use a heart rate monitor?	E	J	10.4.9.C

Name of Course: Strength and Conditioning I

Name of Unit: Fitness Concepts

Essential Question: How can attaining fitness knowledge help to improve your overall fitness level?

Unit Objectives/Key Question	Priority	Aligned to Course Standard	Aligned to PA Standard
1. What are the names of the various muscles/groups in the body?	E	D	10.5.12.D
2. What exercises target certain muscle groups?	E	D	10.5.12.D
3. What are the five health-related components of fitness?	E	K	10.5.12.D
4. What are the six skill-related components of fitness?	E	K	10.5.12.D
5. What are the three principles of fitness?	E	L	10.5.9.D
6. What does F.I.T. stand for?	E	M	10.5.9.D
7. What impact can nutrition have on improving fitness?	E	O	10.4.9.C
8. What are the three different body types?	E	P	10.4.9.C
9. What are the terms for common joint movements?	E	D	10.5.12.D
10. What important safety guidelines should be followed when exercising?	E	H	10.3.12.D
11. What are the principles of weight training?	E	L	10.5.9.D
12. What is a circuit workout?	E	D	10.5.9.D
13. What are the different heart rate expressions?	E	L	10.5.9.D
14. What is the difference between aerobic and anaerobic exercises?	E	L	10.5.9.D