

**Course Name : Intro to Strength and Conditioning**

**Course Overview:** Introduction to Personal Fitness will allow students to understand the influence of lifestyle on health and fitness. Students will create a plan to improve present fitness levels . The introduction of the 5 components of fitness, the F.I.T.T. principle will be used to help create these individual programs while improving the physical, social, cognitive and mental well being of the students. The other offering within the class is the Intro to Strength and Conditioning portion. This section is geared towards athletes who want to maintain their athletic fitness/strength levels while they are in season. Students will have individualized workouts created to manage their strength, agility, explosiveness, fitness levels, and athletic abilities Additional emphasis will be placed on muscle ,bone and exercise identification, along with proper safety protocol within the Fitness Center. Students will need to have access to a phone to be able to download our PLT4M app.

**Course Materials/Resources/Technology**

Students will need to download the PLT4M app, walk my fitness app onto their phones.

**UNIT 1 Revisit Safety and Weight Room Expectations**

**Duration of Unit: 10 days**

**Description of Unit: We will reestablish an understanding of weight room safety, etiquette, and expectations.**

**ESSENTIAL Standards**

**1. The student will exhibit responsible classroom, personal and social behavior that respects self and others while promoting a**

**Learning Targets**

**PE. S4 H1.L3 Evaluate factors that impact safety of self and others. Based on current room conditions, number of participants, and equipment being used.**

<p><b>positive classroom environment.</b></p>	
<p><b>4. The student will exhibit responsible classroom, personal and social behavior that respects self and others while promoting a positive classroom environment.</b></p>	<p><b>PE S H1 L1 Identify best practices for participating safely, injury prevention, and use of equipment, implementation of rules and etiquette in physical activity.</b></p>
<p><b>5.The student will recognize the value of physical activity for health, enjoyment,challenge self expression and social interaction.</b></p>	<p><b>PE S5 H4 L3 Create a plan for physical activity participation based of life choices, economics,motivation, and accessibility in college or career setting.</b></p>
<p><b>NICE TO KNOW Standards</b></p>	<p><b>Learning Targets</b></p>

## UNIT: 2 Block 1 Intro to our Strength Program Assessments and Terms to know.

**Duration of Unit: 40 days**

**Description of Unit: This unit will cover the important terms to know for class, complete our pre testing for our SMASH assessments, and create a SMART goal.**

**This will be the time where we develop our technique in our big 3 lifts. Bench, Squat and Hang Clea**

**Essential Questions and/or Enduring Understandings: Did the student understand terms at proficient level? Was the SMART goal that was created fill all the requirements for a smart goal? Did you record all SMASH assessments? Was the student able to score proficient on our technique rubrics**

ESSENTIAL Standards	Learning Targets
2.The student will apply knowledge of concepts, principles, strategies, and tactics in a variety of assessments.	<p><b>PE S2 H1L3: Use movement concepts and principles ( force, rotation, motion) to self analyze and improve performance of self and other in a select movement.</b></p> <p><b>PE S2 H2 L3 Apply the terminology to a daily workout plan associated with exercise for overall athletic improvement.</b></p>
3. The student will demonstrate the knowledge and skills to achieve a health enhancing level of physical activity and fitness.	<p><b>PE S3 H4 L2 Analyze the impact of programming, motivation and life choices on the impact of overall athletic improvement.</b></p> <p><b>PE S3 H11 L1 Identify the 5 components of physical fitness and health related fitness in relation to setting life and health goals.</b></p> <p><b>PE S3 H9 L1 Student will calculate heart rate training training zones using different tools, to explore how various strength training activities impact the heart rate.</b></p>
4. The student will exhibit responsible classroom, personal and social behavior that respects self and others	<p><b>PE S4 H2 L3 Examine the moral and ethical conduct as it relates to physical activity and how it impacts self and others in the classroom.</b></p> <p style="text-align: center;"><b>PE S4 H4 L1</b></p> <p><b>Create a health enhancing S.M.A.R.T goal.</b></p>

<p><b>while promoting a positive classroom environment.</b></p>	
<p><b>5.The student will recognize the value of physical activity for health, enjoyment,challenge self expression and social interaction.</b></p>	
<p><b>6..The student will create,assess, and analyze the progress toward S.M.A.R.T. goals and adjust or create a new goal to improve one's overall health</b></p>	<p><b>Students will analyze the positive impact of being physically active and analyze the negative impact of not being physically active.</b></p>
<p><b>NICE TO KNOW Standards</b></p>	<p><b>Learning Targets</b></p>

## Unit 3 Personal Fitness Unit

Duration of Unit: 20 days

**This unit will allow the student to start to recognize the benefits of physical activity and the positive impact it can have on daily life. Also the student will be introduced to the 5 components of fitness. The student will also be introduced to a variety of different ways to perform physical activity depending on age, choice, economics and environment.**

<b>5.The student will recognize the value of physical activity for health, enjoyment,challenge self expression and social interaction.</b>	<b>PE S5 H1 L3 Create and implement a plan or use self selected activities based on overall health and well-being to accomplish personal S.M.A.R.T goal</b>

