

Folsom Cordova Unified School District

Fundamentals of Weight Training – Athletic

Date: November 2008

Subject Area: Elective

Grade Level(s): 10-12

Course Length: 1 year

Grading: A-F

Number of Credits: 5 per Semester

Prerequisite: Fitness 1

COURSE DESCRIPTION:

The content articulates the knowledge, skills, and confidence students need to maintain meaningful physical activity throughout their lifetime. The course sequence provides a blueprint for delivering the content in a manner that equips students to make a successful transition from physical education instructional programs to participation in physical activity during adulthood. The adult lifestyle demands that individuals initiate and monitor their own participation in a physical activity.

Fundamentals of weight training will emphasize training in the areas of strength, speed, agility, and aerobic development. The strength component is based on weight programs designed to develop overall muscular strength and endurance as well as flexibility, quickness, agility and speed. The speed phase will focus on agility development, speed, increasing cardiovascular fitness and muscular endurance.

GENERAL GOALS AND PURPOSES:

Students will:

- Explain the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in weight lifting.
- Use and analyze scientifically based data and protocols to assess oneself on the five components of health and physical fitness.
- Understand how and why they move in a variety of situations and use this information to enhance their own skills.
- Achieve and maintain a health-enhancing level of fitness.
- Exhibit a physically active lifestyle and understand that physical activity provided opportunities for enjoyment, challenge, and self-expression.
- Demonstrate responsible personal behavior while participating in movement activities.
- Demonstrate responsible social behavior including respect for all others, while participating in movement activities.
- Articulate the knowledge, skills, and confidence needed to maintain a meaningful physical activity throughout their lifetime.
- Improve knowledge of weight training and conditioning principles in relation to increased performance levels of their body.
- Participate in a variety of weights and conditioning programs in order to choose which program will motivate them to continue to pursue a healthy lifestyle.
- Improve overall physical performance, strength, speed, agility, and endurance.
- Learn to manipulate each weights and conditioning program to meet individual needs.
- Develop effective motor skills and understand the fundamentals of movement by practicing and analyzing purposeful movement.
- Successfully transition from our physical education instructional program to participation in physical activity during adulthood.
- Initiate and monitor participation in physical activity which an adult lifestyle will demand.

- Understand that family responsibilities, career demands, and individual choices will influence physical activity patterns.
- Expand their capabilities for independent learning.
- Examine practices that allow for sound decision making to enhance successful participation in movement activities.

STUDENT READING COMPONENT:

Students will:

- Read articles dealing with health, nutrition, and speed/agility training.
- Research and read material on designing sport specific training programs.
- Research and read material on the human anatomy, exercise physiology, speed/endurance training, and any additional human performance related issues.
- Read and take written test.

STUDENT WRITING COMPONENT:

Students will:

- Take written test.
- Write summaries on various health and nutrition articles.
- Track and complete a daily workout log.
- Write a complete individualized training program, including goal setting, strength/fitness scores, and exercise to muscle identifications.

STUDENT ORAL COMPONENT:

Students will:

- Utilize oral communication skills that foster positive, responsible, personal and social behaviors.
- Participate in teaching a fitness drill/exercise.
- Present an oral presentation on a training topic of their choice.
- Participate in daily class discussions.

DETAILED UNITS OF INSTRUCTION/CONTENT:

1. Weight training safety and proper breathing techniques.
2. Proper warm-up and cool down techniques.
3. Anatomy—Muscle identification
4. Physiology—Muscle movement identification
5. Training techniques specifically for women
6. Flexibility principles
7. Training areas:
 - a. Back
 - b. Biceps
 - c. Calves
 - d. Chest
 - e. Forearms
 - f. Neck
 - g. Shoulders
 - h. Thighs
 - i. Triceps
8. Weight training programs—Power, strength, endurance
9. Speed training
10. Agility training—cone drills, agility ladders, mini-hurdles

11. Endurance training
12. Training Frequency
13. Nutrition factors and performance
14. Effects and risks surrounding performance enhancing substances.

SUBJECT AREA CONTENT STANDARDS TO BE ADDRESSED:

The three content standards to be integrated and addressed are:

Standard 1:

Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

Standard 2:

Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

Standard 3:

Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

See appendix for specific information on each of the content standards.

THIS COURSE WILL PREPARE STUDENTS FOR THE CAHSEE AND / OR CSTs:

None

LAB FEE: None

DISTRICT ESLRS'S TO BE ADDRESSED:

- **Self Directed Learners:** Students will achieve and maintain a health-enhancing level of physical fitness and exhibit a physically healthy lifestyle.
- **Effective Communicators:** Students will demonstrate responsible social behavior including respect for all others.
- **Constructive Thinkers:** Students will understand how and why they move in a variety of situations, and use this information to enhance their own skills. They will understand that physical activity provides opportunities for enjoyment, challenge, and self expression. Students will understand how history and culture have influenced games, sports, plan, and dance. Critical constructive thinking is required to grasp these concepts.
- **Quality Producers/Performers:** Student will be competent in many movement activities.
- **Collaborative Workers:** Organized sport requires working together towards a common goal. Collaboration is an integral part of progress towards this goal.
- **Responsible Citizens:** Students will demonstrate responsible personal and social behavior while participating in movement activities.
- **Effective Communicators:** Students will demonstrate responsible behavior including respect for all others.