

Pocono Mountain School District Strength & Conditioning IV Course Syllabus



Prerequisite:

Strength & Conditioning I, II, III

Description:

This course provides students with a solid background in Strength & Conditioning to design and implement a personalized training program. Students will review advanced training methods, design a training routine incorporating these methods into their own personalized training routines and training routines for others..

Objectives:

- The students will evaluate and engage in an individualized physical activity plan.
- The students will analyze the effects of regular participation in self-selected programs.
- The students will evaluate how changes in adult health status may affect the responses of the body system.
- The students will evaluate factors that affect physical activity and exercise preferences.
- The students will incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.
- The students will use available technology to assess and analyze personal nutrition needs, preferences and practices.
- The students will design a personal nutrition log that documents food intake, calories consumed; energy expended through physical activity and nutrition needs and analyze the results.
- Students will examine current fitness trends.
- The students will identify and evaluate situations and behaviors that influence stress and the effectiveness of physical strategies used to relieve the stress.
- Create a fitness/wellness plan for sedentary individuals that one could use to maintain health related fitness.
- Use available technology & social networking to coordinate with others to advocate for improving personal, family and community fitness.

PA State Standards:

10.1.2B - Evaluate factors that impact the body systems and apply protective/preventative strategies.

- Fitness level
- Environment
- Health Status (e.g. Physical, Mental, Social)
- Nutrition

10.4.12A—Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.4.12B—Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- Social
- Physiological
- Psychological

10.4.12C—Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- Aging
- Injury
- Disease

10.4.12D—Evaluate factors that affect physical activity and exercise preferences of adults.

- Personal Challenge
- Physical Benefits
- Finances
- Motivation
- Access to Activity
- Self-Improvement

10.5.12D—Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

Concepts Taught:

Strength Training	Coordination
Aerobic Fitness Activities	Flexibility
Anaerobic Fitness Activities	Agility
Circuit Training	Balance
Safety	Muscular Strength
Personal Fitness Plan	Muscular Endurance
Body Composition	Cardiovascular Endurance
Olympic Lifts	Speed
Speed Training	Power
Reaction Time	Endomorph, Ectomorph &
FITT	Mesomorph
Fitness Gram	Overload
Fitness Tests	Progression
Pedometer	Specificity
Heart Rate	Regularity
BMI	Isometric

Isotonic
Isokinetic
Anaerobic
Aerobic
Musculoskeletal System
Cardio Respiratory System
Nutrition/Plan & maintain a healthy diet (MyPlate)

Exercise Injuries
Pacing and Rates of Perceived Exertion (RPE)
Self-Management Skills
Basal Metabolic Rate
Current Fitness Trends

Sample Class Activities:

Aerobic/Anaerobic Activities
Jump Rope
Pilates
Self Defense/Tae Bo
Weight Training
Yoga

Cross Fit
P90X
Insanity
10 Minute Trainer
Cycling
Cross Country/Track & Field

Assessments:

Psychomotor Assessments
Muscular System Common Assessment
Fitnessgram Common Assessment or President's Challenge Common Assessment
Heart Rate Assessment
Individual Physical Fitness Plan
TriFit System Assessment
Nutrition/Physical Activity analysis

