

Pocono Mountain School District Strength & Conditioning I Course Syllabus



Prerequisite:

Successfully passed 8th grade Physical Education

Description:

This course provides students the opportunity to identify and focus on specific individualized training principles for various goals. The course is designed for all students, whether their goals are sport specific, activity driven or simply fitness based. The focus of this course is to apply fitness training principles learned in this course to create an individualized training program. The student will be able to implement the program throughout the semester with guidance to make appropriate changes as implementation progress.

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.

PA State Standards:

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
Aerobic Fitness Activities
Anaerobic Fitness Activities
Circuit Training
Safety
Anatomy
Health Related Components
Olympic Lifts
Speed Training
Skill Related Components
FITT

Fitness Gram
Fitness Tests
Pedometer
Heart Rate
BMI
Body Image
Body Types
Exercise Types
Training Principles
Nutrition
Goal Setting

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
FitnessGram Common Assessments
Terminology Common Assessment
Anatomy Identification Common Assessment