

Pocono Mountain School District Strength & Conditioning II Course Syllabus



Prerequisite:

Strength & Conditioning I

Description:

This course provides students with a solid background in Strength & Conditioning to design and implement a personalized training program. Students will be introduced to advanced training methods and have the opportunity to try these methods and incorporate them into their own personalized training routines.

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
 Personal Fitness Plan
 Body Composition
 Olympic Lifts
 Speed Training
 Reaction Time
 FITT
 Fitness Gram
 Fitness Tests
 Pedometer
 Heart Rate
 BMI
 Coordination
 Flexibility
 Agility
 Balance

Muscular Strength
 Muscular Endurance
 Cardiovascular Endurance
 Speed
 Power
 Endomorph, Ectomorph &
 Mesomorph
 Overload
 Progression
 Specificity
 Regularity
 Isometric
 Isotonic
 Isokinetic
 Anaerobic
 Aerobic
 Musculoskeletal System
 Cardio Respiratory System
 Nutrition
 Exercise Injuries

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

