

Pocono Mountain School District Strength & Conditioning III Course Syllabus



Prerequisite:

Strength & Conditioning I, II

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 and will incorporate these methods 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.
- The students will use available technology to assess and analyze personal nutrition needs, preferences and practices.
- The students will identify and evaluate situations and behaviors that influence stress and the effectiveness of physical strategies used to relieve the stress.
- Students will examine current fitness trends.

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
 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/Plan & maintain a healthy
 diet (MyPlate)
 Exercise Injuries
 Pacing and Rates of Perceived
 Exertion (RPE)
 Self-Management Skills

Basal Metabolic Rate
Stress Management

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
MyPlate.

