

**ACALANES UNION HIGH SCHOOL DISTRICT  
COURSE OF STUDY: CURRICULAR AREA – PHYSICAL EDUCATION**

<u>COURSE TITLE:</u>	PE Weight Training
<u>GRADE LEVEL:</u>	10-12
<u>COURSE LENGTH:</u>	Semester
<u>PREFERRED PREVIOUS OF STUDY:</u>	None
<u>CREDIT:</u>	5 units
<u>UC/CSU CREDIT:</u>	No
<u>GRADUATION REQUIREMENT:</u>	Fulfills 5 credits of Physical Education required for graduation
<u>STANDARDS AND BENCHMARKS:</u>	Physical Education Model Content Standards for California Public Schools
<u>ADOPTED:</u>	May 17, 2017
<u>INSTRUCTIONAL MATERIALS:</u>	NA

COURSE DESCRIPTION: Students will learn the fundamentals of weight training with emphasis on body development and maintenance as well as safety factors involved in strength conditioning.

COURSE OBJECTIVES: Students will be introduced to basic training principles, Olympic lifting movements, application of anatomy of movements as related to weight training, strength training, aerobic training, overall fitness training and conditioning. Students will demonstrate how to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activities for a lifetime. Students will develop an understanding of the career paths related to weight training and fitness.

ASSESSMENT:

- Daily Participation
- Daily Observation
- Written Assessment
- Quizzes and tests
- Performance Tasks(i.e. Checklists, Rubrics of performance assessments during activity, Video)

GRADING GUIDELINES: See AUHSD Grading Guidelines: Final Mark Rubric and Final Course mark Determination Components

COURSE CONTENT:

INSTRUCTIONAL THEMES:

- Develop motor skills and understand the fundamentals of movement by practicing and analyzing movement.
- Develop levels of skill-related fitness through weight training.
- Develop knowledge of basic anatomy and physiology of major muscles.
- Develop and demonstrate knowledge to create an individualized weight training program.
- Influences on the evolution of a movement-related activity
- Apply knowledge of career paths related to weight training and fitness

CONTENT:

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| <b>Introduction to Weight Training</b>            | <ul style="list-style-type: none"> <li>• Class Curriculum, Expectations, Grading Policy</li> <li>• Classroom Rules and Procedures</li> <li>• Locks and Locker Room Procedures</li> <li>• Dressing Policy</li> </ul>   |
| <b>Fitness Pre-Test</b>                           | <ul style="list-style-type: none"> <li>• Assess personal fitness, compare personal scores data to health standards and set goals of maintenance and improvement</li> </ul>  |
| <b>Physical Fitness Concepts and Techniques</b>   | <ul style="list-style-type: none"> <li>• Apply principles of resistance training</li> <li>• Apply physiological principles involved in human movement Examine a leisure time physical activity and participate in this activity</li> <li>• Apply current trends in fitness and conditioning</li> <li>• Apply the components of total health fitness and the relationship between physical activity and lifelong wellness</li> </ul> |
| <b>Social Skills and Cooperative Activities</b>   | <ul style="list-style-type: none"> <li>• Personal and social responsibility</li> <li>• Conflict resolution skills</li> <li>• Social skills: Encouragement, Active listening, Courtesy Cooperative activities, ice breakers, tag games, trust activities, problem solving initiatives</li> </ul>   |
| <b>Nutrition as it applies to Weight Training</b> | <ul style="list-style-type: none"> <li>• Describe influences on food choices-social, economic, cultural</li> <li>• Recognize access to adequate food sources</li> </ul>   |

- Compare and contrast food values
- Formulate weight management-proper practices to maintain, lose, gain
- Understand eating disorders

**Resistance Training for Muscular Strength and Endurance**

- Demonstrate principles of resistance training
- Safety techniques (spotting, proper body alignment, lifting techniques)
- Demonstrate an understanding of proper weight training principles and concepts in order to achieve desired results
- Perform intermediate to advanced resistance exercises (including free weights, hand weights, weight machines, exercise bands and tubing, medicine balls, fit balls)
- Advanced techniques of weight training
- Advanced techniques of strength training

**Cardiorespiratory Fitness**

- Assess cardio-respiratory fitness and set goals to maintain or improve fitness levels
- Participate in a variety of cardio-respiratory activities including i.e., power walking, pacer test, interval training, incline running, distance running.

**Fitness Post Test**

- Reassess personal fitness and compare scores to pre-test scores and personal goals
- Record data on fitness software

**Closure**

- 1 Week
- Evaluate and implement weight training program
- Reflection
- Locker Room Shut-Down