

## HS Weight Training/ Conditioning\_Copy

PE/Health

Grade(s) 10th - 12th  
Require

### Description

The Beginning W/T course emphasizes the development of effective weight training and proper lifting techniques. This course covers the concepts of physical education and the development of personal fitness.

### Scope And Sequence

Timeframe	Unit	Instructional Topics
Ongoing	Safety and Technique	1. Body Systems 2. Injury Prevention, Treatment and Rehabilitation 3. Sport Skills and Lifetime Activities 4. Personal/ Social Responsibilities
Ongoing	Concepts of Physical Fitness	1. Wellness 2. Fitness Principles 3. Movement Concepts

### Prerequisite (What do you need to take before this)

- Hop Sports demonstrations for weights/conditioning
- Fitness Gram
- Power Win
- Various free weights
- Auxiliary equipment: kettle bells, bands, medicine balls, ropes, etc.
- Journals: "Stack" etc.
- Heart Rate Monitor
- Electronic Student Data records

### Course Details

#### Unit: Safety and Technique

Duratio

#### Description

Weight Training is designed to introduce students to safely lifting weights for lifetime fitness. Students will be taught safety, proper form, techniques, how to design individual workouts for general strength training, and goal setting.

#### Essential Questions

- Participating in ongoing strength training and conditioning promotes healthy balance of overall fitness.
- Designing and implementing an effective strength and conditioning program can help prevent injury and increase functional muscular strength.
- The proper use of safety equipment and spotting techniques decreases the likelihood of injury.
- Utilizing proper techniques and skills will maximize the effects of one's personal training program.
- Proper care and use of equipment increases safety and longevity of the equipment.

#### Assessments

- How does participating in ongoing strength training and conditioning promote a healthy balance of one's overall fitness?
- How does one design an effective strength and conditioning program to prevent injury and increase functional muscular strength?
- How do the various lifts, spotting techniques and safe use of equipment decrease the likelihood of injury?
- How does the utilization of proper techniques and skills maximize the effects of one's personal training program?