



**SPRING GROVE AREA SCHOOL DISTRICT**



**PLANNED COURSE OVERVIEW**

<b>Course Title:</b> Personal Fitness and Strength Training – Level 1 <b>Grade Level(s):</b> 10 - 12 <b>Units of Credit:</b> .50 <b>Classification:</b> Elective	<b>Length of Course:</b> 15 cycles <b>Periods Per Cycle:</b> 6 <b>Length of Period:</b> 43 minutes <b>Total Instructional Time:</b> 64.5 hours
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***Course Description***

This coeducational course is a combination of classroom, weight training, and cardiovascular fitness activities. An essential part of all physical education is monitoring cardiovascular fitness. In this course students will use Heart Rate technology to monitor and assess student performance. Students take part in activities that enhance cardiovascular fitness, muscular strength and endurance, flexibility, and body composition. The benefits of exercise and its effect on the systems of the body are introduced. The primary objectives of this course are to improve the health-related components of fitness and to introduce students to the concepts of fitness program design and application. This is a full semester class that meets every day of the cycle. This course also allows students the option to participate in a combination of online study and personalized fitness activities if desired.

***Instructional Strategies, Learning Practices, Activities, and Experiences***

Personal Program Design and Practice Classroom Lab Experiences Pre and Post Testing of Fitness Levels Individual Goal Setting Journaling Fitness Technology	Written Study: Odysseyware Application: Personal Choice of Activity <ul style="list-style-type: none"> <li>• Community Center Offered Activities</li> <li>• Spring Grove High School Fitness Center (Afterschool Activities)</li> <li>• Personal Gym/Trainer Prescription</li> </ul>	Independent Physical Fitness Contract
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***Assessments***

Journals Quizzes Evaluation of Fitness Programs Attainment of Goals	Written Projects	Independent Student Physical Education Contract With Hourly Requirements With Journals Odysseyware Assessment Activities
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## *Materials/Resources*

Books  
Weight and Cardio Equipment  
Internet

Videos  
Heart Rate Monitors

Odysseyware Online Learning  
Independent Physical Fitness Contract

**Adopted:** 6/20/11; 5/16/16

**Revised:**

**Departmental Review:** 10/2017; 10/2018

Body Basics	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Nutrition</p> <p>Body Composition</p> <p>Target Heart Rate</p> <p>Basic Anatomy</p> <p>Metabolism</p> <p><u>Related Vocabulary</u>                      nutrients                      vitamins                      minerals                      diet                      resting metabolic rate                      target heart rate                      muscle groups                      metabolism                      body composition/body mass index (BMI)</p>	<p>10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <p>10.1.12.B - Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.1.12.C - Analyze factors that impact nutritional choices of adults.</p> <p>10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.</p> <p>10.2.12.A - Evaluate health care products and services that impact adult health practices.</p> <p>10.2.12.B - Assess factors that impact adult health consumer choices.</p> <p>10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12.E - Analyze the interrelationship between environmental factors and community health.</p> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p>

Body Basics (Continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p>

Cardiovascular and Strength Guided Training	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Weight Room Equipment	10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.
Cardio Room Equipment	10.3.12.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.
Circuit Training	10.3.12.B - Analyze and apply strategies for the management of injuries.
Power 90 Extreme (P90X)	10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
High Intensity Interval Training (HIIT)	10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.
Insanity	10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.
T25 (fitness program)	10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
Muscle Group Workouts	10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.
<u>Related Vocabulary</u>	10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.
P90X	10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.
T25	10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.
circuit	10.5.12.F - Analyze the application of game strategies for different categories of physical activities.
muscle group workout	
target heart rate	
training	
overload principle	
free weights	
machine weights	
cardiovascular equipment	

Developing a Program	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Safety Goal Setting Program Development  <u>Related Vocabulary</u> goal setting sets repetitions free weights circuit training principles	10.1.12.B - Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.1.12.C - Analyze factors that impact nutritional choices of adults. 10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems. 10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals. 10.3.12.A - Assess the personal and legal consequences of unsafe practices in the home, school or community. 10.3.12.B - Analyze and apply strategies for the management of injuries. 10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. 10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. 10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. 10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. 10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. 10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

Understanding Health-Related Fitness and Wellness	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Understand the five components of fitness</p> <p>Use performance test to develop baseline data of present levels of fitness</p> <p>Develop basic protocols to improve overall fitness levels and examine sport specific skills of fitness</p> <p><u>Related Vocabulary</u>                      cardiovascular endurance                      flexibility                      muscular strength                      muscular endurance                      agility                      speed                      balance                      coordination                      spotting                      goal setting                      overtraining                      periodization</p>	<p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p>