

PE372O/ Strength Training Syllabus

Course Title-----	Strength Training
Course Number-----	PE372O
Grades:-----	09-12
High School Credit Value:-----	0.5
Prerequisites:-----	It is strongly recommended that the student has successfully completed PED301 - Fitness Fundamentals 1, prior to taking this course.
Course Length:-----	Regular courses: 17 weeks CR: 9-17 weeks.
Course Time:-----	Regular courses: 17 week schedule: 75 - 90 minutes per school day (6-7.5 hours per week) Credit Retrieval: 75 - 90 minutes per school day (6-7.5 hours per week) until course completion.

{ Course Description }

This course focuses on the fitness components of muscular strength and endurance. Students establish their fitness level, set goals, and design their own resistance training program. They study muscular anatomy and learn specific exercises to strengthen each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles and other fundamental exercise principles, such as progression and overload, to strength training. This course also discusses good nutrition and effective cross-training. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving strength training, as well as elements of cardio and flexibility.

- This course is recommended for grades 10-12.
- Fitness Fundamentals I is a recommended prerequisite for this course.

Flexibility

Course Materials:

State Alignments

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

2013 Washington State Power Standards

PS 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

PS 2 Demonstrate understanding of movement concepts, principles/rules and strategies as they apply to the learning and performance of physical activities.

PS 3 Participate regularly in physical activity.

PS 4 Meets the age and gender specific health related fitness standards on the five health related fitness components (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Composition) as defined by national guidelines.

PS 5 Exhibits responsible personal and social behavior that respects self and others safely.

PS 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

PS 7 Analyzes the progress of their personal health and fitness program, utilizing the five health related fitness components, to set personal goals.

PS 8 Acquires the knowledge necessary to maintain an active life.

Course Outline

This course is divided into the following Units and Sections.

Unit 1: Getting Started

1.1 Fitness Assessment & Analysis

1.2 Getting Started

1.3 Training Plan

Unit 2: Principles & Technique

2.1 Warm Up & Cool Down

2.2 Technique & Safety

2.3 Principles of Strength Training

2.4 Strength Training Equipment

Unit 3: Strength Training Exercises

3.1 Upper Body Strength

3.2 Lower Body Strength

3.3 Core Strength

Unit 4: Total Wellness

4.1 Injury Treatment & Prevention

4.2 Benefits of Strength Training

4.3 Diet & Exercise

4.4 Cross-Training

Unit 5: Post Assessment

5.1 Post Assessment

Course Work

Within each section you will find the following tasks to view and/or complete:

1. Game Plan - an outline of tasks for that section
2. Lesson - multimedia online lesson(s) about the section topic
3. Sprint - links to other online sites with additional fitness information
4. **Team Huddle*** - class discussion on an assigned topic
5. **Assignment*** - section assignment
6. **Quiz*** - section assessment
7. **Strength Log*** - a record of your workout sessions for each week.

* Grades are based on Team Huddle (5pts), Assignment (20pts), Quiz (20pts), Fitness Log (45pts).

Students are permitted to resubmit assignments, quizzes and fitness logs upon request.

Grading

Assignments and Grading

Each section of this course is designed to be completed in about one week's time. Please see the detailed schedule for more information on points possible and due dates.

*Only 12 Weekly Fitness Logs are required throughout the semester. Optional weeks to submit a Strength & Fitness Log are included for make-up (in case of missed weeks).

**Parent verification of the Weekly Fitness Logs is required every four weeks. You will not receive additional points for the parent verification. However, you will LOSE points for your fitness logs if the parent verification is not submitted.

Occupational Credit:

This course may qualify for *occupational credit. Please consult your school counselor for

further clarification.

*Please note that FLA901 (Sign Language) does not qualify for occupational credit.

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