

BONDUEL PHYSICAL EDUCATION

INTRODUCTION TO STRENGTH AND CONDITIONING

Grade: 10 , 11, 12

Credits: ½

Prerequisite: Completion of PE 9

Course Description:

This is an introductory course in basic weight training knowledge and techniques. Students will train on various weight training machines, free weights, bands, balls, and plyometrics to enhance levels of strength, flexibility, coordination and endurance. Students will also be trained in alternate strength and conditioning techniques. Students will learn what training techniques and systems need to be explored to design a fitness program. Students will ultimately understand why strength training is an important component in physical fitness and how strength training can enhance one's well being.

Course Objective:

Students will be able to:

- Demonstrate the proper lifting techniques
- Demonstrate knowledge of fitness center procedures and safety strategies
- Log daily workouts
- Show evidence of personal improvement
- Develop an understanding of a variety of fitness modalities
- Begin to understand the 5 components of physical fitness

Wisconsin State Standards

A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements

A.12.2 Understand the ways in which personal characteristics, performance styles, and activity preferences will change over the life span

A.12.3 Maintain and improve physical fitness, motor skills and knowledge about physical activity through charting or journalizing improvement over time

B.12.1 Demonstrate competence (basic skills, strategies, and rules) in an increasing number of more complex versions of different types of movement forms such as aquatics, team sports, individual and dual sports, outdoor activities, self-defense, dance, and gymnastics

C.12.1 Know and understand pertinent, scientifically-based information regarding movement performance such as the overload principle

D.12.2 Pursue new activities both alone and with others

D.12.3 Recognize the strengths and weaknesses of teammates and provide opportunities for everyone to enjoy success within skill limitations

E.12.1 Monitor exercise and other behaviors related to health-related fitness

E.12.2 Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle

E.12.3 Assess personal health-related fitness status

E.12.4 Continue meeting health-related fitness standards

E.12.5 Use the results of fitness assessments to guide changes in personal program of physical activity

F.12.1 Apply rules, procedures, and etiquette in all physical-activity settings

F.12.2 Act independently of peer pressure

F.12.3 Defuse potential conflicts by communicating with other participants

F.12.4 Keep in perspective the importance of winning and losing relative to other established goals of participation

F.12.5 Take appropriate leadership or supportive roles in activities

F.12.6 Create a safe environment for their own skill practice and group activities

F.12.7 Set personal goals for activity and work toward their achievement

G.12.1 Recognize the value of sports and physical activity in understanding multiculturalism

G.12.2 Invite students of both genders and various ethnic backgrounds and those with exceptional needs to join in personally enjoyable physical activities

G.12.5 Recognize how participation in physical activity influences appreciation for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability