**Course Description**

The Advanced W/T course is an extremely high intensity course designed to meet the needs of highly motivated students. Students will lift weights four days per week with other related activities once a week.

**Scope And Sequence**

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**Course Rationale**

Teaching students the core concepts to the maintenance of a healthy lifestyle is an essential goal of Park Hill's physical education program. When properly performed, strength training and conditioning can provide significant functional benefits and improvement in overall health and well-being. As the student gains strength, the joints and muscles work more efficiently together to increase functionality, all round including balance, flexibility, stamina and injury prevention. The essential skills and knowledge gained from this program will continue to support the student's effort to maintain a healthy lifestyle long after their high school experience.

**Key Resources**

- 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**

<table>
<thead>
<tr>
<th>Unit: Safety and Technique</th>
<th>Duration: Ongoing</th>
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Enduring Understandings
- 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.
- Proper care and use of equipment increases safety and longevity of the equipment.

Essential Questions
- 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?
- What is the key to proper care of equipment?
- What is the long term benefit of this?

Example Assessment Items
- Based upon individual goals, students regularly assess their progress toward overall strength training and conditioning.
- Given the elements of an effective strength and conditioning program, students design, implement and evaluate their individual results.
- Given the safety rules and skills checklist, students continuously demonstrate knowledge of the rules and proper spotting techniques.
- Based upon individual goals, students regularly assess their progress toward overall strength training and conditioning.
- During class, students demonstrate proper care and use of equipment.

Academic Vocabulary
- technique
- muscle strength
- cardio endurance
- muscular endurance
- acceleration
- balance
- aerobic
- agility
- core
- explosion
- anaerobic
- parallel
- power
- range of motion
- target heart rate

Topic: Body Systems
Learning Targets
The student will identify muscle groups associated with the assigned lift.

Duration: 0 Day(s)

Topic: Injury Prevention, Treatment and Rehabilitation
Learning Targets
The student will demonstrate understanding of the importance of warm up and cool down routines.

Duration: 0 Day(s)

Topic: Sport Skills and Lifetime Activities
Learning Targets
The student will demonstrate proper techniques and skills to execute assigned lifts.
The student will demonstrate the proper use of safety equipment and spotting techniques.

Duration: 0 Day(s)
**HS Advanced Weight Training**  
Physical Education and Health Department  
Grade(s) 10th - 12th, 1 Credit  
Elective Course

**Topic:** Personal/ Social Responsibilities  
**Duration:** 0 Day(s)

**Learning Targets**  
The student will show responsibility for the care and use of equipment.

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**Unit:** Concepts of Physical Fitness  
**Duration:** Ongoing

**Enduring Understandings**  
- Designing, implementing and monitoring a successful personal plan of fitness and strength training promotes lifetime fitness.  
- Aerobic and anaerobic exercises benefit personal fitness goals.  
- Utilizing proper techniques and skills will maximize the effects of one's personal training program.  
- Maintaining a healthy balance of the four health-related components increases success in achieving individual fitness goals.

**Essential Questions**  
- How does designing, implementing and monitoring a successful personal plan of fitness and strength training promote lifetime fitness?  
- How does the utilization of proper techniques and skills maximize the effects of one's personal training program?  
- How do aerobic and anaerobic exercises benefit personal fitness goals?  
- How does a healthy balance of flexibility, muscular endurance, cardiovascular endurance, and muscular strength increase success in achieving individual fitness goals?

**Example Assessment Items**  
- Given the elements of an effective strength and fitness program, students design, implement and evaluate their individual results.  
- Given the fitnessgram healthy fitness range, students measure and track their aerobic and anaerobic progress.  
- Based upon individual goals, students regularly assess their progress toward overall strength training and conditioning.  
- Given the elements of an effective strength and fitness program, and the fitnessgram assessment, students measure and track the effectiveness of their individual program goals.

**Academic Vocabulary**  
flexibility  
plyometrics  
aerobic  
aerobic  
target heart rate  
FITT Principle  
BMI body composition  
fitness goal  
muscular strength  
muscular endurance  
cardio endurance  
explosion  
overall  
core

**Topic:** Wellness  
**Duration:** 0 Day(s)

**Learning Targets**  
The student will achieve individually identified healthy fitness levels in the four health related components: flexibility, muscular endurance, cardiovascular endurance, and muscular strength.

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**Topic:** Fitness Principles  
**Duration:** 0 Day(s)

**Learning Targets**  
The student will design, implement and monitor a personal plan of fitness and strength training.  
The student will identify and demonstrate examples of aerobic and anaerobic exercises.

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**Topic:** Movement Concepts  
**Duration:** 0 Day(s)

**Learning Targets**  
The students will identify, demonstrate and analyze critical elements of strength training skills.