

Effective Date: August 2011

Hamburg Area School District

Name of Course: Strength & Conditioning
Department: PE

Grade Level: 11th and 12th
Instructional Time:
Length of Course: Full Year
Period Per Cycle: 3
Length of Period: 42 Minutes

Texts and Resources: Presidential Fitness Testing
Cross Fit

Assessments: Fitness Testing

**Hamburg Area School District
Course Plan
Physical Education**

Course Name: Strength & Conditioning

Unit: Introduction: Intro to Strength and Conditioning /Safety

Time Line: 1 Cycle

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What are the benefits of engaging in a personal fitness program?	-Explain the effects an individual fitness program has to their overall wellness.	10.4.9.B 10.4.12.B
What can you do to protect your partner from injury?	-Demonstrate the proper techniques of spotting.	10.4.12.C 10.5.12.E
What are the safety rules of the weight room?	-Explain the safety rules of the weight room. -Demonstrate proper clean up of weight room area.	10.4.12.E 10.5.12.C
What are the proper mechanics of machine lifting? What are the proper mechanics of lifting free weights? What is the proper use of the Cardio Machines?	-Demonstrate the proper lifting form for free weights and weight machines. -Demonstrate the proper use of the Cardio Machines.	10.4.12.C 10.5.12.E 10..3.9.D 10.3.12.D

**Hamburg Area School District
Course Plan
Physical Education**

Course Name: Strength and Conditioning
Unit: Strength/Anaerobic Training

Time Line 4 cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What is the purpose of strength training	-Explain how strength training impacts their level of wellness/fitness	10.4.9.A,B,C 10.5.12.A,D,E
What fitness concepts/terms are related to strength training?	-Define the following terms: Anaerobic Set Repetitions/Reps Overload Progression Opposing Muscle Groups Specificity -Demonstrate knowledge of muscle groups	105.9.D, B 10.5.12.D, B 10.5.9.A
How does strength training impact wellness and fitness?	-Engage in strength training workouts. -Analyze changes in wellness and fitness levels. -Identify the benefits gained from strength training	10.4.9.A,B 10.5.12.A,D,E

**Hamburg Area School District
Course Plan
Physical Education**

Course Name: Strength and Conditioning

Unit: Aerobic/Cardio Fitness

Time Line: 4 cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What is the purpose of aerobic/ cardio training?	Explain how aerobic/cardio training impacts their wellness and fitness level	10.4.9.A,B,C 10.5.12.A,E
What fitness concepts /terms are related to aerobic/cardio training?	Define the following terms: Cardio Respiratory Fitness Aerobic Cardio Heart Rate Target Heart Rate Overload	10.5.9.D
How does aerobic/cardio training impact wellness and fitness levels?	-Engage in various aerobic/cardio workouts. - Analyze changes in wellness and fitness levels. -Identify the benefits gained from aerobic/cardio training.	10.4.9.A,B,C 10.5.12.A,E 10.5.9.A

Course Name: Strength and Conditioning
Unit: Interval/ Circuit Training

Course Name: Strength and Conditioning
Unit: Interval/ Circuit Training

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What is the purpose of Interval /Circuit Training?	Explain how interval and circuit training impacts their fitness and wellness levels.	10.4.9.ABC 10.5.12.AE
What concepts/terms are related to interval/circuit training?	Define the following terms as it relates to interval/circuit training: Set Reps Overload Specificity	10.5.9.D
How does interval/circuit training impact wellness and fitness?	-Engage in various interval/circuit training workouts. -Analyze changes in wellness and fitness levels. -Identify the benefits gained from interval/circuit training.	10..4.9.ABC 10.5.12.AE

**Hamburg Area School District
Course Plan
Physical Education**

**Course Name: Strength and Conditioning
Unit: Individual Fitness Program**

Time Line: 12 cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What is the purpose of an individualized fitness program?	Explain the benefits related to an individualized fitness program.	10.4.9 ABC 10.4.12.ABCDF 10.5.12.AD
What are the fitness components that need to be included in an individual fitness program?	Create their own fitness program using the following components. Muscular Endurance Muscular Strength Aerobic/Cardio Flexibility	105.9.D 10.5.12AD 10.5.9.A
How does engaging in a fitness program benefit lifetime wellness and fitness?	-Engage in their own individual fitness program that they created. - Analyze changes in wellness fitness levels. - Identify the benefits gained from engaging in a personal fitness program.	10.4.9. ABC 10.4.12.ABCDF

**Hamburg Area School District
Course Plan
Physical Education**

Course Name: Advanced PE

Unit: Presidential Physical Fitness Testing

Time Line: 3 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
Why is it important to maintain a healthy fitness level throughout your lifetime?	<ul style="list-style-type: none"> -Explain how their fitness level impacts their overall level of wellness. -Participate in various aerobic activities in order to increase their fitness level. 	10.4.9 A 10.4.12 A
What is the purpose of the Presidential Physical Fitness Tests?	<ul style="list-style-type: none"> -Explain the purpose of the Presidential Physical Fitness Tests. -Identify the five components of fitness that measure muscular strength/endurance, cardio-respiratory endurance, speed, agility, and flexibility. 	10.4.12 E 10.5.9 A
How are the components of fitness linked to total fitness?	<ul style="list-style-type: none"> -Explain the importance of being able to successfully perform all five components of fitness, and how each of them are linked to your total fitness level. -Perform all five fitness tests to the best of their ability. 	10.4.12 B 10.5.12 A
What did you learn from the results of the Presidential Physical Fitness Tests and how can you improve and/or maintain your current level of fitness?	<ul style="list-style-type: none"> -Evaluate the results of all five tests and create a plan of action in order to improve upon and/or maintain their current level of fitness. -Identify factors that affect successful participation in their plan of action. 	10.4.9 A,D,E,F 10.4.12 A,D,E 10.5.9 C 10.5.12 A,C,D