Unit 2: PT- Strength training

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **October**
Length: **15 blocks**
Status: **Published**

Enduring Understandings

Physical and cognitive skills are necessary to successfully participate in a variety of physical activities/sports.

Positive decision making about fitness contributes to a healthy lifestyle.

Lifelong health is determined by balancing nutrition and fitness.

Personal best is influenced by choices made in daily life.

Strength is the basis for all movements.

There are various ways to increase muscle strength.

Frequency, intensity, Type and time (F.I.T.T. principle) are components to increase muscle strength.

Essential Questions

How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

How can strength be improved throughout the body?

Why are different types of programs important in strength training?

Why are the components of the F.I.T.T. principle important in Muscle strength?

Content

Vocabulary

Strength

Endurance,

Body Composition

Muscle Strength and Endurance is the capacity of the muscle to exert force repeatedly over a period of time, while resisting fatigue

Benefits include:

Increased body mass

Increased bone density

Improved metabolism

Improved posture and reduction of low back pain

Skills

Summarize the causes, influences, and responses of body systems during exercise.

Evaluate the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.

Predict the short- and long-term physical, social, and emotional benefits and potential problems associated with regular physical activity

Summarize the benefits of :

Increased body mass

Increased bone density

Improved metabolism

Improved posture and reduction of low back pain

Resources

Free weights, weight plates, weight bars, kettlebells, exercise mats

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs,https://www.njrotc.navy.mil/curriculum.html

Standards

0xHPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
0xHPE.2.5.12.A	Movement Skills and Concepts
0xHPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
0xHPE.2.6.12	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
0xHPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
0xHPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.