Strength and Fitness

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1 & 2**
Length: **3 weeks**
Status: **Published**

Standards

2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.3	Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness.
2.2.12.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).
2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.

Enduring Understandings

1. Knowledge and practical application of human anatomy, basic physiology and function of cardiac and skeletal muscles by locating, identifying and working through specific strength training exercises. **HE.9-12.2.2.12.PF -** *[Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*
2. The elements of strength and fitness will be introduced and reinforced throughout the course as it pertains to strength and aerobic capacity and flexibility. **HE.9-12.2.2.12.MSC -** *[Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities)*
3. The human body is progressively adaptive and responds maximally to personalized fitness programs, through proper periodization. **HE.9-12.2.2.12.PF -** *[Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*

Essential Questions

1. Why is it important for individuals to understand the elements of fitness and strength training as it pertains to their overall health and wellness?
2. How can a student incorporate a variety of different modalities to meet their overall strength and fitness goals?
3. How can a student develop and implement a proper training program using the method of periodization that best meets their individualized goals with available resources?

Knowledge and Skills

The Performance Expectations are:

- Demonstrate the ability to utilize various exercise couplets dependent on individual students goals. ***HE.9-12.2.2.12.PF.5***
- Recognize various exercise options based on equipment availability. ***HE.9-12.2.2.12.MSC.5***
- Understand and demonstrate the ability to differentate between training modes and overall goals. ***HE.9-12.2.2.12.LF.3***
- Develop and explain proper long and short term goal setting. ***HE.9-12.2.2.12.PF.1***
- Demosntrate the ability to use macro(marking period/long-term), meso(weekly/short-term), and microcycles(daily) to develop and prescribe programs that safely and efficiently overload specific muscle groups and the cardiorespiratory system. ***HE.9-12.2.2.12.PF.3***

Transfer Goals

1. Students will be able to independently utilize the knowledge and skills necessary to engage in lifelong fitness activities.
2. Students will be able to independently design an exercise program to meet the goals of varying populations.

Resources

- Kinovea video software for exercise technique analysis: https://www.kinovea.org/
- National Strength and Conditioning Association video library of exercises video demonstrations: https://www.nsca.tv/browse
- National Strength and Conditioning Association homepage: https://www.nsca.com/
- PE Central website utilized by PE teachers to share and collaborate on specific lesson plan ideas: https://www.pecentral.org/
- Open Physical Education homepage is an organization that provides creative and unique lesson plans and ideas for all grade levels and activities: https://openphysed.org/

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit